

AUSTRALIAN diabetic LIVING

26 *PAGE*
summer

HEALTHY EATING
GUIDE

LUCIOUS
DESSERTS

EASY
EVERYDAY
DINNERS

LIGHTER
LUNCHES

SPECIAL REPORT

TYPE 2
MEDICATIONS

WHAT YOU NEED
TO KNOW

Makeover
MAGIC!

YES, YOU CAN EAT
THIS CHOCOLATE
CAKE! p77



BECKY'S STORY

*"My life turned
upside down"*

PARTY PEOPLE

How to thrive while
celebrating summer

FAMILY AFFAIR

Calming diabetes
conflicts at home

MICHAEL MOSLEY

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71



JAN/FEB 2022

CONTENTS

▶▶ FOOD

- 16 5 days, 5 dinners**
- 24 Healthy diet plan** A bumper collection of recipes and a 7-day summer diet plan to get you in good health
- 50 A taste of Greece** Enjoy the flavours of the Aegean with grilled pork souvlaki
- 51 3 ways with plums** Make the most of summer stone fruit while it's in season
- 56 5 ways with delightful dips** Easy dips for summer snacking
- 57 Easy summer lunches** Enjoy a power lunch for a midday boost
- 64 Break o' day** Break away from boring breakfasts
- 70 Fair dinkum delicious** Classic Aussie desserts to share

▶▶ LIVING WELL

- 84 Body transformation** How to kick-start your weight-loss journey
- 88 Know your medications** Our guide to medication for type 2

- 98 Diabetes remission** Dr Michael Mosley explores type 2 remission
- 102 Relative calm** Don't let diabetes ruin your relationships
- 108 The social season** Strategies to help you navigate celebrations
- 112 Goal setting** How to make those resolutions stick for good
- 114 Take the plunge** Water fitness

▶▶ MY STORY

- 118 'I put the change for good down to me'**

▶▶ REGULARS

- 4 Privacy notice**
- 5 Editor's note**
- 6 Just diagnosed**
- 8 Your healthy life**
- 78 Cook's tips**
- 80 Menu plan**
- 82 About our food**
- 121 Puzzles**
- 124 Feel better in 5**
- 127 Recipe index**
- 130 Postcard**

36



60





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**Exercise physiologist
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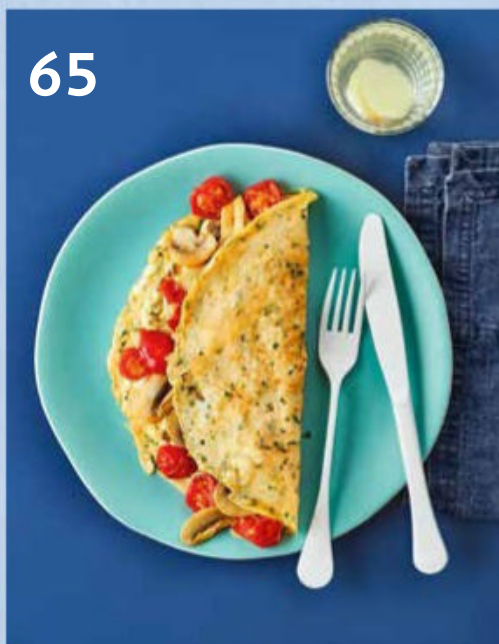
Dr Ramy Bishay

**Endocrinologist
& bariatric physician**

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



**NEXT
ISSUE
ON SALE
FEB 10**



Take it easy!

Summer holidays are the most wonderful time of the year and this year I think we're all going to appreciate them more than ever. I know I'll be enjoying travelling again and seeing family for real instead of just on a Zoom call. Christmas and summer entertaining does present some challenges however, all of sudden I find myself eating party food for every meal and letting my exercise regimen lose steam as I'm out of my regular work routine. To help you stay on track, we've got a handy guide to some of the season's challenges on page 108. Check it out to discover some strategies that will have you maximising fun and good health over the summer.

Medication for type 2 diabetes is a topic that comes up a lot on Facebook groups I follow so we asked diabetes educator and dietitian Dr Kate Marsh to put together a report on what medications are available and the differences between them. It can be confusing and I think you'll find her report helpful - turn to page 88 to read more.

If 2022 is the year you'd like to make your health a priority, you'll love our seven-day summer diet plan (page 24). It's a comprehensive collection of recipes and a menu plan to get you started on lifelong habits of good health. Of course, we've also got our regular menu plans that use recipes from this issue on page 80. Our cover star chocolate cake is a bit of make-over magic that you'll want to share with friends when you're entertaining over the season - turn to page 75 for the recipe plus other luscious summer desserts. Enjoy!



Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Still getting your head around your diagnosis? These questions might sound familiar...

- **When should I test my blood glucose levels (BGLs)?** This depends on the type of diabetes you have and what – if any – medication you're using, but possible times include before meals, two hours after eating, before bed, before exercise and if you're feeling unwell.
- **What should my BGLs be?** This also depends on a range of factors, but as a guide, if you have type 1 diabetes, targets to aim for are 4-8 millimoles of glucose per litre of blood (mmol/L) before meals and <10mmol/L two hours after starting a meal. If you have

type 2, target levels are 6-8mmol/L before meals and 6-10mmol/L two hours after starting meals.

- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, alongside the blood glucose monitoring you do yourself, paints a picture of your blood glucose management.
- **What's a hypo?** It's when BGLs drop below 4mmol/L, which makes it hard to concentrate and needs to be treated quickly using specific foods. Hypos only occur in people using insulin or taking some types of glucose-lowering tablets to manage their diabetes.

- **Will I have to use insulin?** Yes, if you have type 1. Fifty per cent of people with type 2 will also need to use insulin six to 10 years after diagnosis.
- **Should I lose weight?** This depends on your circumstances, but research suggests that many people living with type 2 who are carrying a lot of extra weight can put their diabetes into remission by losing at least 15kg. Even losing just 5 per cent of body weight can help improve your HbA1c. And while type 1 has nothing to do with lifestyle factors, losing any extra kilos you're carrying may help to reduce your risk of complications and could mean injecting less insulin.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune disease caused by a combination of genetics and unknown factors, none of which are related to lifestyle. The body's immune system destroys the cells of the pancreas, which means it's unable to produce any insulin and makes life-long treatment with insulin therapy essential.

TYPE 2 is where the pancreas doesn't produce enough insulin or where the insulin it does produce isn't working properly. Risk factors for type 2 include a family history of the disease, age, ethnicity and lifestyle factors. Lifestyle modifications and/or medication are used to manage type 2 diabetes.

GESTATIONAL DIABETES develops during pregnancy and while it usually disappears after giving birth, it may increase the risk of developing type 2 in future. Affecting one in seven pregnancies, it's the fastest growing type of diabetes in Australia.

TYPE 1.5 is a form of type 1 diabetes that's also known as 'latent autoimmune diabetes in adults' (LADA). Diagnosed during adulthood, it has a slow onset similar to type 2 diabetes (which it's often misdiagnosed as), but it's actually an autoimmune disease that eventually requires insulin therapy.

PRE-DIABETES is when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes may delay or prevent pre-diabetes from becoming type 2.

FOOD MYTHS FOR PWD



It's my sweet tooth!

It's not that simple. The cause of type 1 diabetes has nothing to do with diet or lifestyle choices, and even though being overweight is a risk factor for developing type 2, it's not just sugar that contributes to that. The fact is, eating too much sugar doesn't cause diabetes.

No more chocolate!

False. As long as chocolate, or any food that contains added or natural sugars, is eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy it in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in DL are for everyone.

* That's People With Diabetes



TAKE THIS TO HEART

1 You're not alone

Someone is told they have diabetes every five minutes in Australia, which means more than 300 people are diagnosed every day. In fact, one in four people over the age of 25 is living with diabetes or pre-diabetes, making it the country's fastest growing chronic health condition.

2 It's your move

Regardless of the type of diabetes you've been diagnosed with, doing some regular physical activity can help to lower blood glucose levels, increase your insulin sensitivity and may even reduce the need for medication. In other words, exercise can play a key role in managing your diabetes.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to common questions and a whole heap of healthy recipes. ■



YOUR healthy life

The latest news on diabetes, fitness, blood donations and books



Keep it green

By now you've no doubt heard about the health benefits of sticking to a Mediterranean-style diet, but a new study says a green-Mediterranean diet could be even better for you. When people committed to that type of diet, they not only lost weight, but their levels of a hunger hormone called ghrelin bounced back higher than ever, too. And that's good news for all kinds of reasons, with higher ghrelin levels linked to improved insulin sensitivity and improved fat loss from around the stomach area. So what does a green-Mediterranean diet look like? For the purpose of the study, as well as making red meat a no-go zone, it was rich in green tea as well as a green leafy vegetable called mankai, but you can create your own with the help of the book recommendation on the following page.



The Everything Green Mediterranean Cookbook

By Peter Minaki

Everything, \$29.99

Discover how to take the Mediterranean diet to the next level for your health and wellbeing, with the 200 plant-based, whole-food recipes you'll find in this book. Packed full of delicious, satisfying recipes, you'll be guided towards a healthier lifestyle, one meal at a time.

Insulin resistance is a real downer

Fresh research suggests there's a definite link between insulin resistance and mental health. According to the study conducted by Stanford Medicine scientists, you're twice as likely to experience depression if you're insulin resistant, a condition that's a major feature of both prediabetes and type 2 diabetes. On the back of the findings, researchers are encouraging people and health professionals to be aware of the link, taking time to consider the metabolic status of people living with mood disorders. For more information about depression, including symptoms and where to seek help if you need it, visit beyondblue.org.au.



Need-to-know info about COVID and blood sugar levels

It turns out that, much like the flu, COVID-19 can send blood sugar levels haywire, bumping up the risk of hyperglycaemia. In fact, elevated blood sugar levels is a common complication of COVID, even for people without diabetes. That's according to a study published in late 2021, which also linked having or developing hyperglycaemia to worse long-term outcomes among people who caught COVID. As well as doing what you can to reduce your risk of falling ill to coronavirus, including following the public health advice, it makes this the ideal time to revise your sick-day action plan. Haven't done that for a while or not 100 per cent sure what it is? Visit diabetesaustralia.com.au/sick-day-management to find out more.



Q: I was diagnosed with diabetes late last year and now that it's summer, I'm wondering if it's still okay to go barefoot or just wear thongs outside?

Danielle says: Bare feet and thongs should be reserved for limited activities and short periods of time, especially when you're outdoors. Instead, consider wearing sandals or reef shoes that will provide better protection for your feet. When purchasing new summer footwear like sandals, make sure they're the correct style, shape and size for your feet, because blisters tend to develop more often when sock-free feet are sweaty and can move around in a shoe. Avoid too-tight straps, too, as these may cause crowding and rubbing of the toes. Always remember to apply sunscreen to your feet if any skin will be exposed, and take more care with your daily foot hygiene. Wash and dry them carefully, especially between your toes, given fungal skin and nail infections are more common as feet get hot and sweat more in summer. If you suspect you have a fungal infection, begin treating it with appropriate antifungals that you can buy over the counter at the pharmacy. See a podiatrist if it doesn't resolve.

Danielle Veldhoen, podiatrist

TRY 5:2 TO AVOID TYPE 2

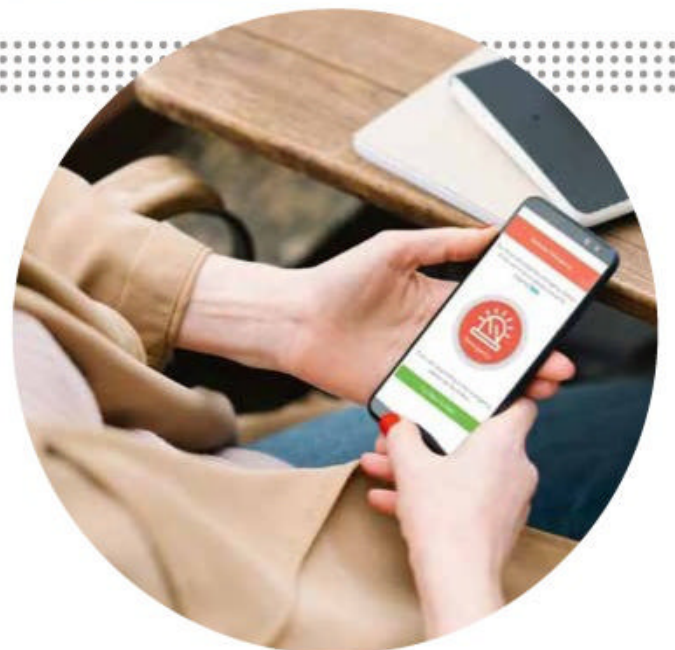
That's the fresh advice for new mums who developed gestational diabetes during pregnancy. While weight loss can lower the risk of developing type 2 after a diagnosis of gestational diabetes, a new study performed by University of South Australia researchers shows that the popular 5:2 or intermittent fasting diet is just as effective as conventional diets at delivering weight loss. The diet involves five days of regular eating and two days where food intake is restricted to 500 calories or 2000 kilojoules. "Healthy eating and regular physical activity are recommended

to manage gestational diabetes, with continuous energy restriction diets – or diets that cut calories by 25 to 30 per cent – being the most common strategy for weight loss and diabetes prevention," says the study's lead researcher, Dr Kristy Gray. The trouble is, those diets can be difficult to stick to as a new mum. "The 5:2 diet may provide a less overwhelming option. As it only cuts calories over two days, some women may find it easier to adopt and adhere to. Of course, women should seek advice from a health professional before commencing this type of diet, to make sure that it's suitable for them."



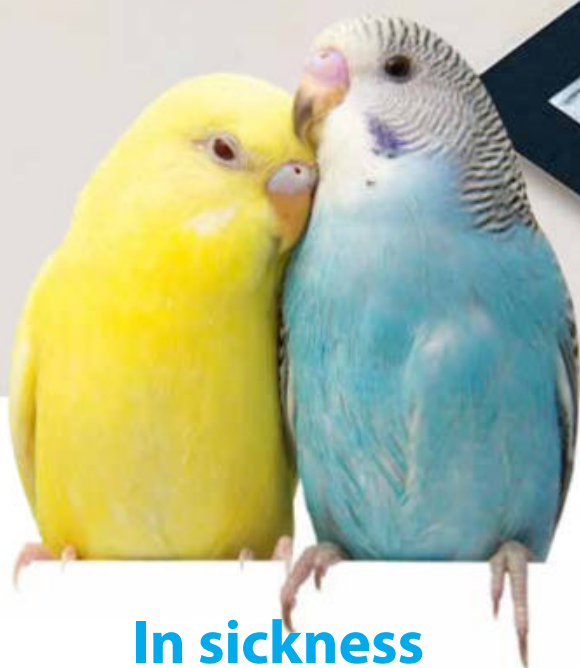
USE INSULIN? THEN YOU NEED THIS APP

A new Australian-grown app is available and it's a lifeline for severe hypos. Called the Diabetes Emergency App, it's the brainchild of a NSW teenager and is designed to provide peace of mind, whether it's you or a loved one who's living with diabetes. Featuring everything from an emergency button that activates an alarm to help attract help from people passing by, to an alert and location information to let your friends and family know you're experiencing a severe hypo and step-by-step instructions so that someone who's nearby knows what to do to help, it costs just \$1.49 and is available on both the App Store and Google Play. Head to diabetesemergencyapp.com.au for more information.



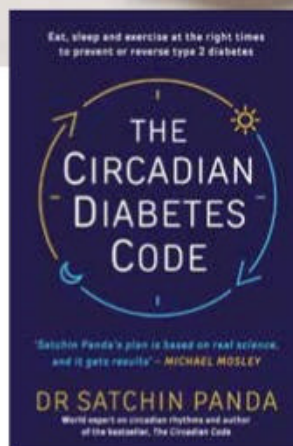
Eye spy a silver lining

If you use a non-insulin, GLP-1 agonist injection to help control your type 2 diabetes, including Trulicity, Byetta or Ozempic, your risk of developing glaucoma could be halved. A condition that left untreated can cause irreversible vision loss and even blindness, there are a number of things that put you more at risk of developing glaucoma, including having a family history of it, being aged over 50 and – interestingly – living with diabetes. Researchers say it's not yet clear exactly why this popular type of medication used to manage type 2 diabetes helps to protect against the eye disease, but say the results are promising. To learn more about glaucoma, including to assess your own personal risk, head to glaucoma.org.au.



In sickness and in health

A new study shows that couples who live together wind up sharing a lot more than meals – they tend to have a high degree of synchronicity around everything from body shape to blood pressure, cholesterol levels and even type 2 diabetes. And the researchers behind the finding discovered the results even existed among couples with low genetic similarity, which suggests it's instead down to both lifestyle choices and the shared environment. Encouraging couples to work together to make changes to improve their health and wellbeing, it's advice that's supported by earlier research, which confirmed that healthier habits are much easier to adopt and stick with when your partner does it, too.



The Circadian Diabetes Code

By Dr Satchin Panda

Vermillion, \$35

Based on the idea that when you eat is just as important as what you eat, this book brings circadian science to the world of diabetes. Written by a leading scientist in the field of circadian rhythm research, learn how to time your meals for best effect if you're living with prediabetes or type 2.



Q: My last HbA1c results were disappointing which has left me feeling unmotivated and a bit disappointed in myself. How can I get back on track?

Janine says: It's normal to feel disappointed, sad, frustrated and unmotivated when, despite our best efforts, life doesn't go to plan. So don't be tough on yourself for being human. Instead, acknowledge how you're feeling and remind yourself this is a natural response to challenging circumstances. When life hurts, we hurt too. In times like these it can be helpful to imagine the kindness, care and advice you might give a good friend in the same situation. What gestures and words would you offer? What support and encouragement would you provide? Now imagine what it would be like to offer this kindness and care to yourself! Getting back on track after a setback requires us to be self-compassionate – that is, to be our own best friend. When we direct the combination of kindness and encouragement to ourselves we're better able to choose behaviours that are effective, meet our needs, and reconnect us with what matters.

Dr Janine Clarke, psychologist



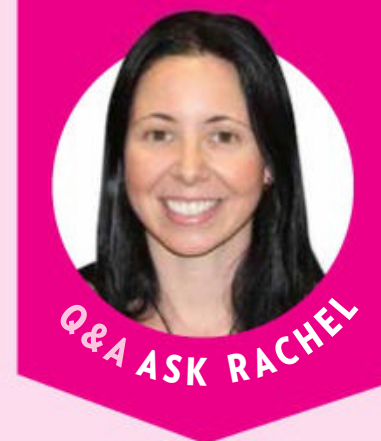
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AUSTRALIANS

HEART DISEASE IS ONE
OF OUR LARGEST
HEALTH PROBLEMS,
ACCOUNTING FOR ONE
IN FOUR OF ALL
DEATHS.

Ironing out heart disease

It's one of Australia's largest health problems, accounting for one in four of all deaths. And while a range of modifiable risk factors for cardiovascular disease are very well known, including sticking to a healthy diet, maintaining a healthy weight and doing enough physical activity, according to a study recently published in the European Society of Cardiology's journal, there may be a new one to add to the list – avoiding iron deficiency. With researchers making the link between it and an elevated risk of developing heart disease, it's worth remembering that while five per cent of Australian men are iron deficient, around 30 per cent of Australian women are. While dietary tweaks can help improve your body's iron stores, supplements are also available, but shouldn't be taken without an official diagnosis. See your GP if you think you may be iron deficient, symptoms of which include tiredness before progressing to fatigue, dizziness, skin that's paler than usual and reduced immunity. ■



Q: My GP says I don't need to see a diabetes educator because my glucose levels aren't too bad. I think I'd still like to though – what are my options?

Rachel says: It's best practice that when you're first diagnosed with diabetes, you receive some specific diabetes-related education. Not only will this education set you up to understand what you can expect and anticipate for the future, having this early knowledge and understanding is key to managing your diabetes as best you can and so you can continue to live well. With the support of a credentialled diabetes educator, or CDE, there's the potential for some people to be able to delay taking extra medication and to help prevent the long-term complications associated with diabetes. While you do need a referral from your GP to see a CDE under Medicare, you don't need a referral if you're a private patient, and some private health insurance policies provide rebates for CDE visits. To find a CDE near you, visit adea.com.au. While you're there, download and print out the Diabetes Care Pathway that applies to you, so you can take it with you to discuss when you next see your doctor or a CDE.

~~~~~  
Rachel Freeman, diabetes educator



# MY BODY MY WAY

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Smoothie



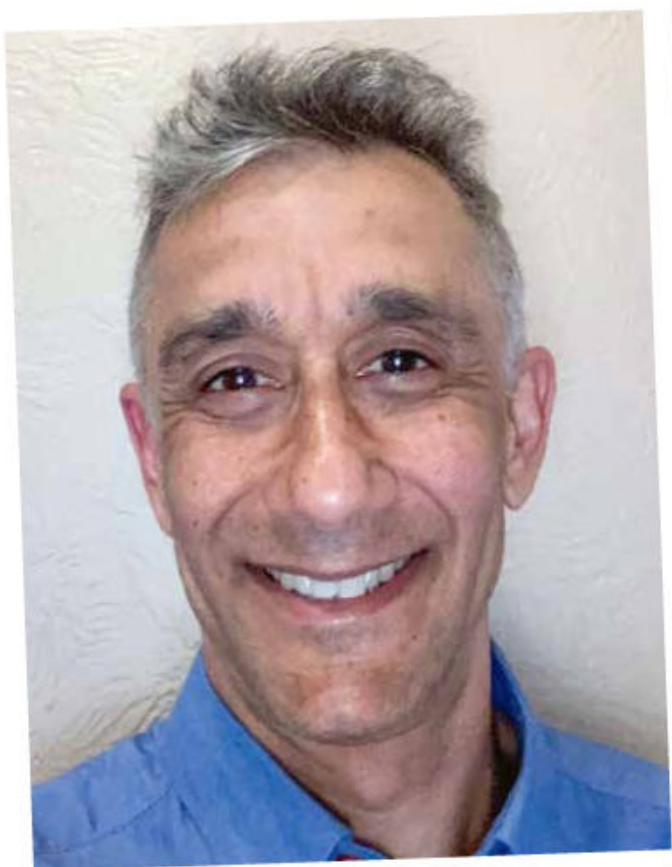
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# MAN ON A MISSION

**Mark Shah** is 2021's Credentialed Diabetes Educator of the Year and once you learn about his experience, his motivation and what he's striving to achieve for young people's futures, it's clear the award is incredibly deserved. And he's nowhere near done yet.

Even though Mark Shah lives with type 1 diabetes himself, it's not the reason he wanted to become a diabetes educator. In his own words, after qualifying as a registered nurse, it just kind of 'happened'.

"In my early years as a nurse, I worked on renal wards, looking after people with kidney problems. Some needed kidney transplants, some needed dialysis and for quite a few people I was caring for, diabetes-related complications was the reason for their kidney failure. That had a big impact on me. I didn't like what I was seeing and, perhaps a bit naively, I thought maybe I could do something about it. I guess I wanted to make a difference."

A few fortuitous job opportunities and encounters with supportive colleagues later, and before long Mark was embarking on further study to become a

credentialed diabetes educator, or CDE, a qualification he earned in 2003. Three years later, he'd also studied successfully to become a nurse practitioner, specialising in the care and management of diabetes.

Today, Mark is a member of the clinical team at Perth Children's Hospital's Endocrinology and Diabetes Service. Looking after children with all types of diabetes, he specialises in youth-onset type 2. "When I first arrived at the hospital, it was a very niche role. Type 2 is still far more common in adults, but the lowering of the age of onset has occurred steadily, and now we're seeing it in children under 10 years old. These kids are very vulnerable with their risk of type 2 primarily from their family history of type 2 diabetes and their metabolic profile. Unfortunately many have a very high risk of experiencing complications at a

young age, so it's a challenging area."

### Researching the way to better care

The Endocrinology and Diabetes Service at the Perth Children's Hospital is linked to a research department, which means many of the service's doctors, nurses, dietitians and other allied health professionals are actively involved in research projects. Mark is one of them. "When you do research in an area where the understanding isn't as good as it could be, you can genuinely improve care by providing evidence of different interventions or treatment."

Recently, that meant embarking on a trial to investigate the benefits of continuous glucose monitoring for children living with type 2.

"And we found a dramatic improvement – they responded really well to the technology. It's life





WORDS: KAREN FITTALL PHOTOGRAPHY: ADOBE STOCK

changing because not only can it reduce the amount of finger pricks they have to do, their understanding of their glucose levels, and what impacts them, grows considerably, too. The trouble is, currently there isn't equity around the access for children living with type 2, compared to those living with type 1, to technology like this, so we're using our research to try and advocate for that change to occur."

Mark is also involved in research designed to understand the mental health implications of a diabetes diagnosis for young children, particularly against the background of a family history of the disease, and another project that's putting food security under the microscope. "Those type of studies involve doing interviews with children and families, as opposed to trialling a drug or piece of technology. It's a really nice way of doing research."

## Learning the language

Mark is passionate about helping children and families feel confident to self-manage diabetes. "A lot of diabetes care is about the words you use. Building trust is really important but certainly as an educator, you never want to tell someone what to do. You want to be the person that helps someone genuinely understand what to do. That's partly because you want kids to know how to live with diabetes, but also so they know they can live with diabetes. It's important for them to know they can still do everything in life that they want to, without being dependent on other people."

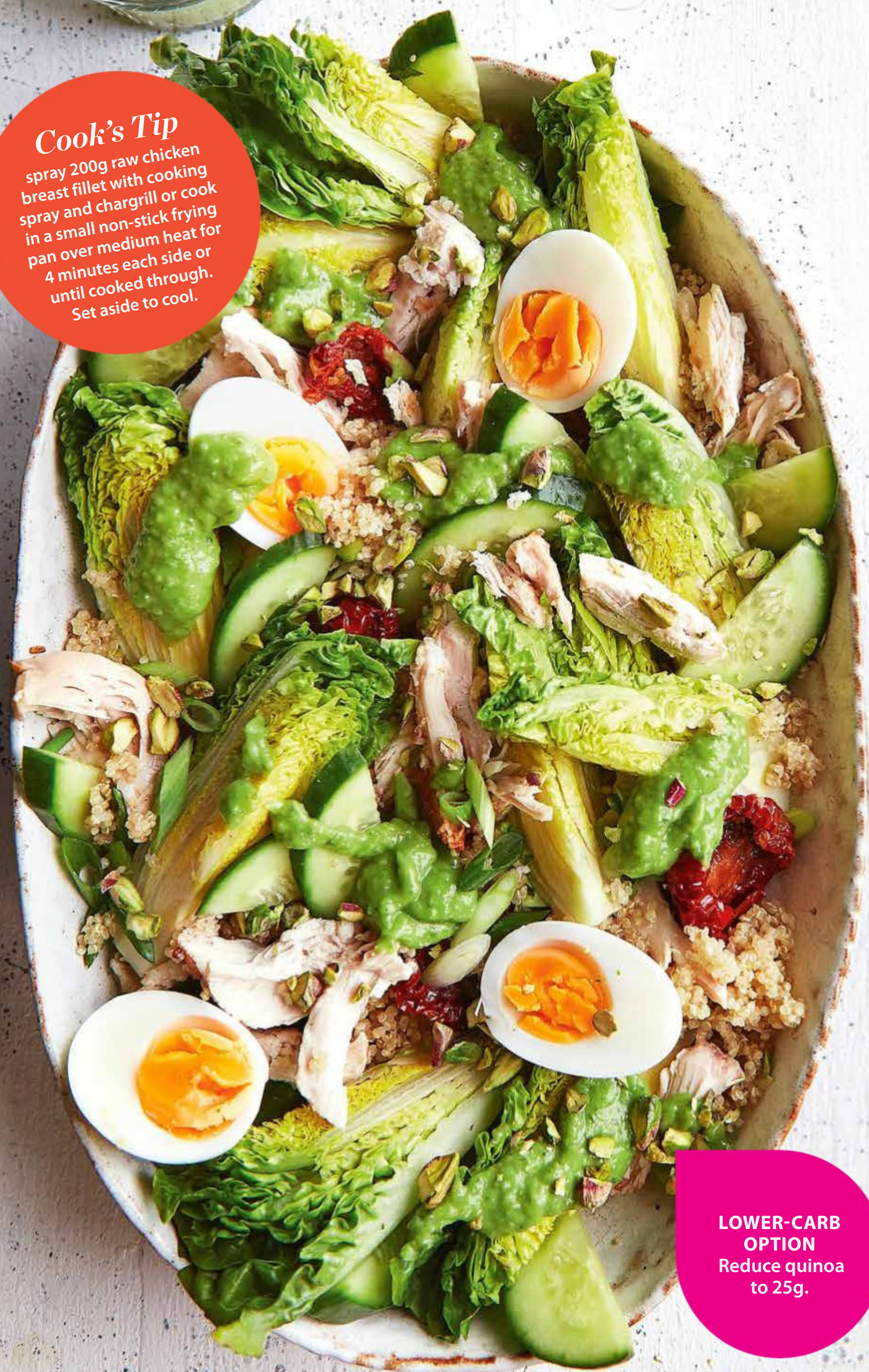
He's also passionate about trying to alleviate feelings of guilt. "With type 1, there's no blame and it's no one's fault, but with type 2 quite often the perception is it's the reverse, so that people may be carrying some guilt. One of the first

things I do when I see a child who's been diagnosed with type 2, and their family, is address that issue straight away, saying this is not your fault, explaining what the condition is and reassuring them we can work together to improve it.

"My own diabetes isn't something I talk about with the children and the families I see, unless it comes up if they notice the tube from my insulin pump, because it's about them not me. But living with it myself, I guess I am able to relate to them in a different way.

"I was genuinely surprised and quite shocked when they announced my name as the CDE of the Year. Having won the Western Australia CDE of the Year 2021, I certainly wasn't expecting to win the national award. Every single one of the state winners was equally as worthy, so it was really humbling. But I'm honoured." ■



A large, rustic-style bowl filled with a vibrant chicken salad. The salad is composed of shredded chicken, crisp lettuce leaves, sliced cucumbers, and cooked quinoa. It is garnished with three halved hard-boiled eggs and a drizzle of green dressing. A small glass jar of the same dressing sits in the top left corner. The bowl is placed on a light-colored, textured surface.

### *Cook's Tip*

spray 200g raw chicken breast fillet with cooking spray and chargrill or cook in a small non-stick frying pan over medium heat for 4 minutes each side or until cooked through. Set aside to cool.

**LOWER-CARB  
OPTION**  
Reduce quinoa  
to 25g.



# 5 DAYS 5 DINNERS

Set your mid-week dinner mood to “happy” with our easy meals

GF

## GREEN GODDESS CHICKEN SALAD

**PREP** 25 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A MAIN)

1 avocado, chopped  
2 tsp olive oil  
Zest and juice of 1 lime  
½ green chilli, deseeded  
½ small bunch basil, leaves torn  
½ lebanese cucumber, diagonally sliced  
1 Tbsp water  
Freshly ground black pepper  
2 x 60g eggs  
3 Little Gem lettuce, quartered  
50g sun-dried tomatoes  
200g cooked skinless chicken breasts, shredded (see cook's tip)  
2 green shallots, shredded

40g cooked quinoa, cooked following packet directions  
1 Tbsp chopped unsalted shelled pistachios

**1** Put the avocado, oil, lime zest and juice, chilli, basil, half the cucumber and the water in a blender. Cover and blend until smooth. Season with pepper. Place in the fridge until ready to use.

**2** Cook the eggs in a small saucepan of boiling water for 6 minutes. Rinse under cold running water to cool. Drain, peel and halve the eggs. Set aside.

**3** Toss the lettuce quarters with the sun-dried tomatoes, cooked chicken, green shallots and remaining cucumber in a bowl.

Spread the cooked quinoa over the base of a serving platter. Top with the chicken salad, eggs and the dressing. Scatter over the pistachios and serve.

### *Nutrition info*

Per serve 2430kJ, **protein** 45g, **total fat** 30g (sat. fat 5g), **carbs** 27g, **fibre** 13g, **sodium** 664mg • **Carb exchanges** 2 • **GI Estimate** low • **Gluten free**

LCO GF

**PER SERVE** 2320kJ, **protein** 45g, **total fat** 29g (sat. fat 5g), **carbs** 23g, **fibre** 13g, **sodium** 662mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**





## CURRIED FISH CAKES

**PREP** 20 MINS **COOK** 35 MINS  
**SERVES** 2 (AS A MAIN)

125g Carisma potatoes, cut into 3cm chunks  
2 tsp olive oil  
1 clove garlic, crushed  
1½ cm piece ginger, grated  
¼ tsp black mustard seeds  
½ tsp curry powder

Freshly ground black pepper  
150g piece blue-eye cod, skin on  
100ml skim milk  
Zest and juice of a quarter lemon  
40g (¼ cup) plain flour  
60g egg, whisked  
40g panko breadcrumbs  
1 cup mixed salad leaves, drizzled with balsamic vinegar  
4 Tbsp coleslaw, to serve

**1** Put the potatoes in a saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 10 minutes or until tender. Drain and set aside to steam dry for 5 minutes. Lightly crush the potatoes with a potato masher until slightly chunky.

**2** Heat ½ teaspoon of the oil in a large non-stick frying pan over medium heat. Add the garlic, ginger, mustard seeds and curry powder. Cook, stirring, for 1 minute. Add the spices to the potato and stir through. Season with pepper.

**3** Meanwhile, put the fish in a small saucepan and pour over the milk. Heat over medium until the milk comes to a simmer. Immediately remove the pan from the heat. Cover the pan and set aside for 10 minutes to allow the fish to cook in the milk. Use a slotted spoon to remove the fish and transfer to a plate. Discard the skin. Flake the fish and add to the potato mix with the lemon zest and juice. Shape the mixture into 4 fishcakes.

**4** Put the flour, egg and breadcrumbs in three separate shallow bowls. Dip each fishcake in the flour, then the eggs and then the breadcrumbs. Set aside on a baking tray.

**5** Heat the remaining oil in a large non-stick frying pan over medium heat add the fishcakes and cook for 4 minutes on each side or until golden and crisp. Serve with the salad leaves and slaw.

### *Nutrition info*

**PER SERVE** 1510kJ, **protein** 25g, **total fat** 10g (sat. fat 2g), **carbs** 44g, **fibre** 4g, **sodium** 299mg • **Carb exchanges** 3 • **GI estimate** low



**GFO**

## CHIPOTLE CHICKEN TINGA

**PREP** 15 MINS **SERVES** 2 (AS A MAIN)

**COOK** 40 MINS

- 1 Tbsp olive oil
- 1 brown onion, sliced
- 1 clove garlic, crushed
- 1 Tbsp chipotle sauce
- ½ x 400g can no added salt chopped tomatoes
- 1 Tbsp brown sugar
- 3 (about 125g each) boneless, skinless chicken thigh fillets, trimmed of excess fat
- 25g tortilla chips or gluten-free tortilla chips, to serve
- ½ avocado, mashed, to serve

### SALSA

- ½ small red onion, finely chopped
- 1 large tomato, finely chopped

- Zest and juice of ½ lime
- ½ small bunch coriander, leaves and stalks finely chopped, plus extra leaves, to serve
- Freshly ground black pepper

- 1** Heat the oil in a medium non-stick flameproof and ovenproof casserole dish over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until the onion softens. Add the garlic and cook, stirring, for 1 minute.
- 2** Add the chipotle sauce, tomatoes, sugar and a quarter of a can of water to the dish. Sit the chicken thighs in the sauce. Bring to a low simmer and cook, covered, stirring often, for 20-25 minutes or until the liquid has reduced slightly and the chicken is cooked through.

- 3** Using two forks, shred the chicken and stir it back through the sauce. If the sauce is too thin, return to the heat and simmer for 5 minutes until the sauce has reduced more.

- 4** To make the salsa, combine the red onion, tomatoes, lime zest and juice, coriander leaves and stalks in a bowl. Season with pepper.

- 5** Serve the chicken with the tomato salsa, tortilla chips, mashed avocado and a scattering of the extra coriander leaves.

### Nutrition info

**PER SERVE** 2230kJ, **protein** 40g, **total fat** 27g (sat. fat 5g), **carbs** 28g, **fibre** 10g, **sodium** 290mg  
 • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**







## CRISPY GRILLED FETA WITH SAUCY BUTTER BEANS

**PREP** 5 MINS **COOK** 20 MINS

**SERVES** 2 (AS A MAIN)

250ml (1 cup) passata

400g cans butter beans, drained  
and rinsed

1 clove garlic, crushed

½ tsp dried oregano, plus an  
extra pinch

100g baby spinach leaves

1 roasted red capsicum, sliced

Freshly ground black pepper

Zest and juice of ¼ lemon

50g reduced-fat feta, cut into  
chunks

¼ tsp olive oil

1 (105g) Mission Wholemeal

Pita Pocket, halved, to serve

**1** Put a large ovenproof non-stick frying pan over medium-high heat. Add the passata, butter beans, garlic, oregano, spinach and capsicum to the pan. Stir. Cook, stirring occasionally, for 6-8 minutes or until the sauce is bubbling and the spinach wilts. Season with pepper. Stir in the lemon juice.

**2** Preheat grill on high. Scatter the feta over the sauce, so it's still exposed. Drizzle with the oil and sprinkle over the lemon zest plus a pinch of oregano. Sprinkle with pepper. Place under the grill and cook for 5-8 minutes or until the feta is golden and crisp at the edges.

**3** Meanwhile, toast the pitas under the grill or in the toaster.

**4** Serve the beans and feta with the pita.

### *Nutrition info*

**PER SERVE** 1500kJ, **protein** 23g,  
**total fat** 6g (sat. fat 4g), **carbs** 49g,  
**fibre** 16g, **sodium** 1060mg • **Carb**  
**exchanges** 3½ • **GI estimate**  
medium





**GF**

## **BRAZILIAN-STYLE BEEF WITH SWEET POTATO SALAD**

**PREP** 10 MINS **COOK** 35 MINS  
**SERVES** 2 (AS A MAIN)

- 1 large brown onion, peeled and left whole
- 2 tsp olive oil
- Zest and juice of 1 lime
- 2 tsp tamarind puree
- 1 tsp ground cumin
- 4 Tbsp chopped coriander
- 1 tsp smoked paprika
- 1 tsp water
- 2 (about 125g each) beef fillet steaks, trimmed of fat
- 400g can no-added-salt black beans, drained
- 160g orange sweet potato, cut into 2cm cubes
- 1 red capsicum, deseeded and chopped
- 1 zucchini, sliced

**1** Grate the onion into a bowl until you have 3 Tbsp grated onion.

Leave the remaining onion in one piece and set aside. Add 1 tsp of the oil, the lime zest, tamarind, cumin, 2 Tbsp coriander, smoked paprika and water to the onion. Mix well, then use half the spice paste to coat the steaks all over. Mix the remaining spice paste with the lime juice, remaining coriander and the beans in a serving bowl.

**2** Preheat a barbecue grill on medium. Take a large piece of foil and drizzle with the remaining oil. Finely chop the remaining onion and mix with the sweet potato, capsicum and zucchini. Wrap in the foil to make a parcel. Cook on the barbecue grill for about 20 minutes, turning several times with tongs until the vegetables are tender.

**3** Tip the barbecued vegetables into the beans and toss well. Add the steaks to the barbecue and cook for 2-2½ minutes each side, for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside to rest for a few minutes.

**4** Serve the steak with the sweet potato salad.

### ***Nutrition info***

**PER SERVE** 2130kJ, **protein** 43g, **total fat** 13g (sat. fat 3g), **carbs** 46g, **fibre** 14g, **sodium** 103mg  
• **Carb exchanges** 3 • **GI estimate** low • **Gluten free**





# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

## PANTRY

**CHIPOTLE SAUCE** use in Mexican cooking or add a little to your salad dressing for a flavour hit.

**CANNED TOMATOES** use in pasta sauces or mash and use to spread over pizza bases.

**PISTACHIO NUTS** roughly chop and use in salads or munch on a few for a snack.

**QUINOA** cook and use in salads or use as a replacement to rice in your favourite healthy fried rice recipe.

**TAMARIND PUREE** use in curries or marinades, or add a little to an Asian-style dressing.

**TORTILLA CHIPS** use to make vegetarian nachos. Or crushed a handful and sprinkle over your favourite salad to add a crunch!

**PASSATA** use in pasta sauces or use as a base to spread over pizza.

**PITA POCKETS** split and fill a little cottage cheese or ricotta with your favourite salad fillings for a quick and easy lunch.

## VEGETABLES

**AVOCADO:** mash and use as spread on sandwiches or slice and use in salads.

**RED ONION** thinly slice and use in salads or put on pizzas.

**LIME** use the zest and juice in dressings.

**CORIANDER** finely chop and throw into dressings or use the leaves in salads or a sandwich filler.

**LEMON** thinly slice the lemon and add to water with ice cubes and a few mint leaves.

**SHALLOTS** finely chop and use in dressings, salads, pasta sauces or toss through a pasta salad.

**BASIL** use in salads, finely chop and add to a fresh tomato salsa or place fresh leaves on top of healthy pizza.

**CARISMA POTATOES** roast, mash or use to make potato salad.

**CHILLI** thinly slice and use in stir-fries or finely chop and use in salad dressings ■



# SHOPPING LIST

## GROCERIES

- ☐ 400g can no-added-salt black beans
- ☐ 400g can butter beans
- ☐ 220g jar chipotle sauce
- ☐ 400g can no-added-salt canned tomatoes
- ☐ 80g pkt shelled unsalted pistachio nuts
- ☐ 500g quinoa
- ☐ 220g jar tamarind puree
- ☐ 175g pkt tortilla chips
- ☐ 400g bottle passata
- ☐ 420g pkt Mission Wholemeal Pita Pocket

## CHILLED (FRIDGE & DELI)

- ☐ 1 small tub bought coleslaw
- ☐ 1 roasted red capsicum
- ☐ 50g reduced-fat feta
- ☐ 50g sun-dried tomatoes

## FRUIT & VEGETABLES

- ☐ 1 large/1 medium brown onion
- ☐ 1 small red onion
- ☐ 2kg pkt arisma potatoes
- ☐ 100g baby spinach leaves
- ☐ 1 zucchini
- ☐ 1 green chilli
- ☐ 2 Little Gem lettuce
- ☐ 2 avocado
- ☐ 1 large tomato
- ☐ 3 limes

- ☐ 1 lemon
- ☐ 1 cup mixed salad leaves
- ☐ 160g orange sweet potato
- ☐ 1 red capsicum
- ☐ 1 Lebanese cucumber
- ☐ 1 piece ginger
- ☐ ½ bunch green shallots
- ☐ 1 bunch basil
- ☐ 1 bunch coriander

## CHICKEN & MEAT

- ☐ 200g skinless chicken breast fillets
- ☐ 3 x 125g skinless boneless chicken thigh fillets
- ☐ 2 x 125g beef fillet steaks

## SEAFOOD

- ☐ 150g piece blue eye cod

## PANTRY

- ☐ Olive oil
- ☐ 3 cloves garlic
- ☐ Brown sugar
- ☐ Black pepper
- ☐ Black mustard seeds
- ☐ Curry powder
- ☐ Skim milk
- ☐ Plain flour
- ☐ 3 x 60g eggs
- ☐ Panko breadcrumbs
- ☐ Dried oregano
- ☐ Ground cumin
- ☐ Smoked paprika
- ☐ Balsamic vinegar





# HEALTHY DIET PLAN

WELCOME TO YOUR BEST SUMMER





**O**ur recipes are packed with healthy fats, lean protein and low GI carbs, as well as minimising processed food, and including a colourful selection of vegetables and fruits.

Each day you'll eat your five serves of vegetables (or more!), while keeping your carbs spread evenly throughout the day and your total kilojoules, fat, saturated fat and sodium intake low; and your fibre intake high.

We also recommend you include some small mid-meal snacks based on fresh fruit and low fat dairy to ensure you are meeting all of your nutrient and health needs.

By following this meal plan, you can expect to cut back on added sugar, increase your energy levels, improve your digestion and support your immune system. For those who want to lose weight, the daily kilojoule count is approximately 5000-6000kJ per day and is likely to create a moderate shortfall of daily kilojoules, allowing for steady and controlled weight loss. If you are particularly active or you don't want to lose weight, we have lots of healthy snack suggestions on page 56 that you can add.

To get the most from the plan, we suggest avoiding or at least minimising alcohol or sugary drinks. As with any lifestyle or diet change, we encourage you to speak to your GP if you have any concerns or health issues before following our plans.

Eating some fat is essential for good health because it helps the body absorb fat-soluble vitamins like A, E and D. We've included healthy fats in our plan from avocados, oily fish, unsalted nuts and seeds, and olive oil.

The secret to the success of healthy eating is preparation and planning, so we recommend using the Saturday before you start to go shopping, get organised and do a little bit of food prep.



# YOUR 7-DAY SUMMER DIET PLAN FOR 2

|           | Breakfast                                                                                                                                      | Lunch                                                                                                                                                   | Dinner                                                                                                                                     |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday    |  <p>Corn fritters with eggs &amp; black bean salsa, p29</p>   |  <p>Crab, lemon &amp; pea spaghetti, p32</p>                          |  <p>Minty grilled chicken &amp; peach salad, p39</p>    |
| Monday    |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>   |  <p>Fresh tomato soup with cheesy cornbread, p33</p>                 |  <p>Goan-style vegetable curry with kitchari, p38</p>  |
| Tuesday   |  <p>Corn fritters with eggs &amp; black bean salsa, p29</p> |  <p>Chicken Waldorf, p32</p>                                        |  <p>Miso salmon with ginger noodles, p40</p>          |
| Wednesday |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>  |  <p>Wraps with minty pea hummus &amp; beetroot, p35</p>             |  <p>Spanish pork with beans, p38</p>                  |
| Thursday  |  <p>Chia &amp; almond overnight oats, p28</p>               |  <p>Fresh tomato soup with cheesy cornbread, p33</p>                |  <p>Goan-style vegetable curry with kitchari, p38</p> |
| Friday    |  <p>Chia &amp; almond overnight oats, p28</p>               |  <p>Chicken Waldorf, p32</p>                                        |  <p>Cheesy seafood bake, p41</p>                      |
| Saturday  |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>  |  <p>Quinoa-stuffed capsicum with roast tomatoes &amp; feta, p34</p> |  <p>Spanish pork with beans, p38</p>                  |



# Have a healthy **BREAKFAST**

Wake up to these energy-boosting breakfasts  
– they'll keep you satisfied until lunchtime



Chia and almond  
overnight oats  
*Recipe, page 28*

## *Leftovers*

Keep the remaining glasses, covered, in the fridge for the next day. Store the almonds in a small airtight container. To serve, continue from step 3.





## summer special

### CHIA & ALMOND OVERNIGHT OATS

**PREP:** 10 MINS (+ OVERNIGHT SOAKING) **SERVES** 2 (WITH LEFTOVERS FOR 2 FOR THE NEXT DAY; AS A BREAKFAST)

180g (2 cups) rolled oats

50g chia seeds

600ml unsweetened almond milk

2 tsp vanilla extract

125g punnet raspberries

100g almond yoghurt

2 x 125g punnet blueberries

2 Tbsp almond milk, extra, per person, to serve

20g flaked almonds, toasted, to serve (see Cook's tip)

**1** Put the oats and chia seeds in a large bowl. Pour over the milk and vanilla extract. Stir. Set aside for 5-10 minutes for the oats to absorb some of the liquid.

**2** Reserve 16 of raspberries, then add the remainder to the oats and crush them into the mixture. Spoon the oat mixture between four glasses or sundae dishes. Top with the yoghurt, blueberries and remaining raspberries. Cover and place in the fridge overnight or until needed.

**3** To serve, pour 2 Tbsp extra almond milk over two of the serves and scatter with half the almonds.

**COOK'S TIP** To toast the almonds, simply place in a small non-stick frying pan. Add the almonds and cook, stirring often, for 2-3 minutes or until lightly toasted.

#### Nutrition info

PER SERVE 1670kJ, **protein** 12g, **total fat** 18g (sat. fat 2g), **carbs** 41g, **fibre** 14g, **sodium** 123mg  
• **Carb exchanges** 2½  
• **GI estimate** low

### Leftovers

Pack leftover granola into a large airtight jar or container. Serving another 60g yoghurt and half a peach per serving.

### CRUNCHY OAT CLUSTERS WITH PEACH YOGHURT

**PREP** 10 MINS **COOK** 20 MINS  
**SERVES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER 2 DAYS; AS A BREAKFAST)

50g soft ready-to-eat apricots

2 tsp olive oil

3 egg whites (from 60g eggs)

200g rolled oats

1 Tbsp ground cinnamon

1 Tbsp vanilla extract

25g desiccated coconut

25g flaked almonds

25g pumpkin seeds

60g reduced-fat Greek natural yoghurt, per person, to serve

3 peaches, cut into wedges, to serve

**1** Preheat oven to 160°C (fan-forced) and line a large baking tray with baking paper.

**2** Put the apricots, oil and egg whites in a large bowl. Use a hand held blender to blitz until very smooth. Stir in the oats, cinnamon and vanilla. Fold in the desiccated coconut, almonds and pumpkin seeds.

**3** Pinch clusters of the mixture together to create texture in the granola, then scatter over the lined baking tray in a single layer. Bake for 15 minutes, then toss (turning the larger pieces) and bake for a further 10 minutes or until golden and crunchy.

**4** Set the granola aside to cool completely on the tray. Divide 1/3 of the clusters between 2 serving bowls. Top each with 60g yoghurt and half a peach.

#### Nutrition info

PER SERVE 1300kJ, protein 14g, **total fat** 13g (sat. fat 5g), **carbs** 29g, **fibre** 8g, **sodium** 101mg • **Carb exchanges** 2 • **GI estimate** low



GFO

## CORN FRITTERS WITH EGGS & BLACK BEAN SALSA

**PREP** 10 MINS **COOK** 20 MINS **SERVES** 2  
(WITH LEFTOVERS FOR 2 FOR ANOTHER DAY;  
AS A BREAKFAST)

1 tsp olive oil  
1 small red onion, finely chopped  
1 red capsicum, finely chopped  
110g ( $\frac{2}{3}$  cup) wholemeal self-raising  
flour or gluten-free flour  
1½ tsp smoked paprika  
1 tsp ground coriander  
1 tsp baking powder or gluten-free  
baking powder  
300g can corn kernels, rinsed and drained  
6 x 60g eggs

### BLACK BEAN SALSA

1 small red onion, finely chopped  
4 tomatoes, chopped  
2 x 420g cans no added salt black beans,  
drained  
Zest and juice of 1 lime  
½ bunch coriander, chopped

1 Preheat oven to 180°C (fan-forced) and line  
a large baking tray with baking paper.

2 Heat the oil in a small non-stick frying pan  
over medium heat. Add the onion and  
capsicum and cook, stirring occasionally, for  
5 minutes until the vegetables soften.

3 Meanwhile, combine the flour, paprika,  
coriander and baking powder in a bowl.  
Add the onion mixture, corn and 2 of the  
eggs. Mix until well combined.

3 Spoon eight mounds of the mixture, well  
spaced apart, onto the lined tray. Use the  
back of a spoon to flatten slightly. Bake for  
20 minutes or until the fritters are set and  
golden.

4 Meanwhile, combine the salsa ingredients  
in a bowl. Poach 2 of the remaining eggs to  
your liking.

5 Serve two fritters each, topped with half  
the salsa and the poached eggs.

### Nutrition info

**PER SERVE** 1880kJ, **protein** 28g, **total fat**  
11g (sat. fat 3g), **carbs** 51g, **fibre** 14g,  
**sodium** 447mg • **Carb exchanges** 3½  
• **GI estimate** low • **Gluten-free option**

### Leftovers

Keep the remaining fritters  
and the remaining salsa  
in separate airtight  
containers in the fridge for  
another day. Reheat them in  
a non-stick frying pan or  
microwave and serve with 2  
more poached eggs and the  
remaining salsa.





**LOWER-CARB  
OPTION**

Replace spaghetti  
with 100g Slendier  
Edamame Bean  
Fettucine.

Crab, lemon &  
pea spaghetti  
*Recipe, page 32*

# Look forward to **LUNCHTIME**

Take time out to enjoy your lunch, whether you're at  
home or packing a meal to take to work with you





**Chicken Waldorf**  
*Recipe, page 32*

### ***Leftovers***

Keep the remainder of the salad mix in an airtight container in the fridge for up to 3 days. Add the nuts, grapes and lettuce when ready to serve.



## summer special

GFO LC

### CHICKEN WALDORF

PREP 15 MINS COOK 15 MINS

SERVES 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER DAY; AS A LIGHT MEAL)

- 100g wholemeal penne or gluten-free pasta
- 200g reduced-fat Greek natural yoghurt
- 4 tsp sherry vinegar
- 2 tsp English mustard powder
- 4 green shallots, finely chopped
- 6 stalks celery, finely chopped
- 400g cooked skinless chicken breast fillets, cut into bite-sized chunks (see Cook's tip)
- 8 walnut halves, broken into pieces
- 100g black seedless grapes, halved
- 8 crisp iceberg lettuce leaves

1 Cook the penne in a medium saucepan of boiling water for 12 minutes or until al dente.

2 Meanwhile, make a dressing by whisking the yoghurt, vinegar, mustard and green shallots in a large bowl.

3 Add the celery, cooked penne and chicken to the dressing and stir until everything is well coated.

4 If you're eating straightaway, add half the walnuts and grapes to half the salad and serve with half of the crisp lettuce leaves, either as a base or as lettuce wraps.

#### Nutrition info

PER SERVE 1400kJ, protein 37g, total fat 8g (sat. fat 2g), carbs 25g, fibre 6g, sodium 169mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

GFO

### CRAB, LEMON & PEA SPAGHETTI

PREP 10 MINS COOK 15 MINS

SERVES 2 (AS A LIGHT MEAL)

- 100g wholemeal or gluten-free spaghetti
- 2 tsp olive oil
- 2 leeks, cut into long thin strips
- 1 red chilli, deseeded and finely chopped
- 1 clove garlic, finely grated
- 120g frozen peas
- 1 lemon, zested and ½ juiced
- 100g fresh white and brown crabmeat

1 Cook the spaghetti in a large saucepan of boiling water for 12 minutes, or until al dente.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the leeks and chilli and cook, stirring often, for 5 minutes. Stir in the garlic, peas, lemon zest and juice. Continue to cook, stirring often, for 2 minutes.

3 Drain the pasta, reserving some of the cooking liquid. Add the pasta to the frying pan with ¼ cup of the reserved pasta water and the crab. Toss everything together until well coated. Spoon into shallow bowls and serve.

#### Nutrition info

PER SERVE 1550kJ, protein 24g, total fat 7g (sat. fat 1g), carbs 43g, fibre 16g, sodium 250mg • Carb exchanges 3 • GI estimate low • Gluten-free option

LCO GF

#### Nutrition info

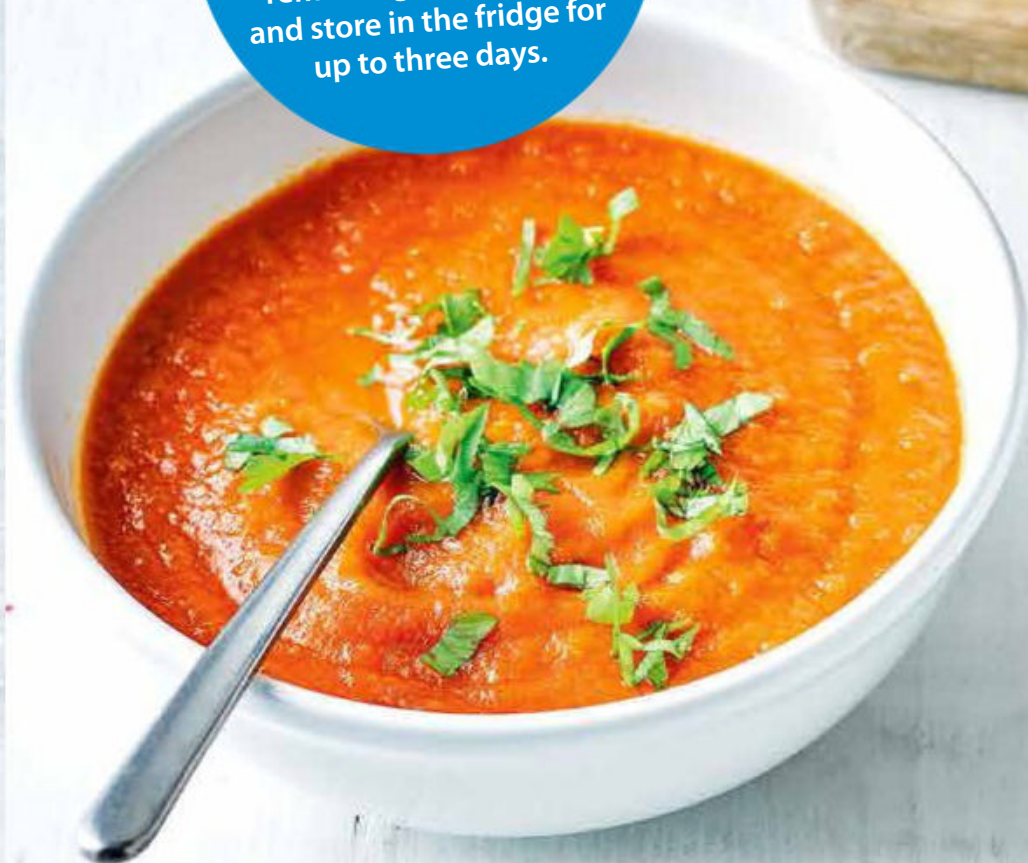
PER SERVE 1080kJ, protein 25g, total fat 7g (sat. fat 1g), carbs 15g, fibre 15g, sodium 248mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

*Make 2022 your healthiest year yet with our kickstart meal plan*



## Leftovers

Cool the remaining soup, then chill the remainder for another day. Wrap the remaining bread in foil and store in the fridge for up to three days.



### FRESH TOMATO SOUP WITH CHEESY CORNBREAD

**PREP** 20 MINS **COOK** 40 MINS **SERVES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER DAY) (AND 4 LEFTOVER PORTIONS OF BREAD TO SERVE ANOTHER DAY AS A SNACK)

#### BREAD

40g (¼ cup) wholemeal self-raising flour  
85g polenta (cornmeal)  
1 tsp baking powder  
1 tsp smoked paprika  
3 green shallots, thinly sliced  
1 green chilli, deseeded, thinly sliced  
40g reduced-fat vintage cheese, finely grated  
60g egg  
125ml (½ cup) skim milk

#### FRESH TOMATO SOUP

2 tsp olive oil  
4 stalks celery, finely chopped  
2 brown onions, chopped  
4 carrots, finely chopped  
325g floury potatoes, coarsely grated  
500g tomatoes, chopped  
2 tsp salt-reduced vegetable stock powder  
1.5L (6 cups) boiling water

3 Tbsp tomato purée

2 large cloves garlic, finely grated  
Flat-leaf parsley, chopped, to serve

**1** To make the bread. Preheat oven to 180°C (fan-forced) and line the base of a non-stick 9 x 19cm loaf tin with baking paper. Put the flour, polenta and baking powder in a large bowl. Add the paprika, green shallots, chilli and half the cheese. Toss to combine. Add the egg and milk and mix well. Spoon into the tin and sprinkle with the remaining cheese. Bake for 20-25 minutes or until golden and a skewer inserted into the centre comes out clean. Cut the bread into 8 portions

**2** Meanwhile, to make the soup, heat the oil in a large saucepan over medium heat. Add the celery, onion and carrots. Cook, stirring occasionally, for 10 minutes or until

the onion softens. Add the potatoes, tomatoes, stock powder, water, tomato purée and garlic. Stir well. Cover with a lid and cook for 20 minutes.

**3** Remove the pan from the heat and use a hand held blender to blitz until smooth. Spoon half the soup into two bowls and scatter with the parsley. Serve with 2 pieces of the bread.

#### Nutrition info

**PER SERVE** 1070kJ, **protein** 9g, **total fat** 4g (sat. fat 1g), **carbs** 39g, **fibre** 11g, **sodium** 548mg  
• **Carb exchanges** 2½  
• **GI estimate** medium







GFO

## QUINOA STUFFED CAPSICUM WITH ROAST TOMATOES & FETA

**PREP** 10 MINS (+ 5 MINS) **COOK** 25 MINS **SERVES** 2 (AS A LIGHT MEAL)

60g quinoa  
400ml water  
2 tsp tomato purée  
1 large clove garlic, finely grated  
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder  
90g baby spinach leaves  
Handful basil leaves, chopped  
2 yellow capsicum, deseeded and halved lengthways  
125g cherry tomatoes  
40g reduced-fat feta, crumbled  
1 Tbsp pumpkin seeds

2 tsp extra virgin olive oil  
1 tsp balsamic vinegar  
Freshly ground black pepper  
30g rocket leaves

**1** Preheat oven to 200°C (fan-forced). Put the quinoa and water in a small saucepan. Stir in the tomato purée, garlic and stock powder. Bring to the boil over high heat. Reduce heat to low and cook, covered, for 20 minutes. Stir in the spinach and basil. Cook for a further 5 minutes. Remove the pan from the heat and set aside, covered, for 5 minutes, so all the liquid is absorbed.

**2** Meanwhile, spray the capsicum with cooking spray and place cut-side down on a baking tray

lined with baking paper. Roast for 10 minutes. Add the cherry tomatoes and roast for a further 10 minutes.

**3** Stir the tomatoes, feta and pumpkin seeds into the quinoa. Spoon into the capsicum halves. Whisk the oil, vinegar and pepper in a bowl. Add the rocket leaves and toss to combine. Serve the dressed rocket leaves with the capsicum.

### Nutrition info

**PER SERVE** 1400kJ, **protein** 18g, **total fat** 13g (sat. fat 3g), **carbs** 30g, **fibre** 12g, **sodium** 558mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**



## WRAPS WITH MINTY PEA HUMMUS & BEETROOT

**PREP** 15 MINS

**SERVES** 2 (AS A LIGHT MEAL)

**2 Woolworths Lower Carb Wholemeal Wraps**

### FILLING

160g frozen peas, defrosted

1 lemon, ½ juiced, the other ½ cut into wedges (optional)

4 Tbsp reduced-fat Greek natural yoghurt

1 large clove garlic

Handful mint leaves

2 handfuls mixed salad leaves

1 small red onion, thinly sliced

2 large ready-cooked beetroots (160g), sliced

30g reduced-fat feta, crumbled

20g walnuts, chopped

**1** To make the filling, put the peas, lemon juice, 2 Tbsp yoghurt, garlic and most of the mint in a large bowl. Use a food processor or hand blender to make a thick purée.

**2** Spread the filling over the wraps, then pile on the salad leaves, onion and beetroot. Dollop on the remaining yoghurt and scatter over the feta, walnuts and remaining mint. Serve with lemon wedges for squeezing over, if you like.

### Nutrition info

**PER SERVE** 1590kJ, **protein** 25g,

**total fat** 14g (sat. fat 4g), **carbs**

27g, **fibre** 22g, **sodium** 468mg

• **Carb exchanges** 2

• **GI estimate** low







Spanish pork  
with beans  
*Recipe, page 38*

# Flavour-packed **DINNERS**

Time to relax over a healthy evening meal – our recipes are satisfying and nutrient-dense. Try not to eat too late or you may disrupt restful sleep

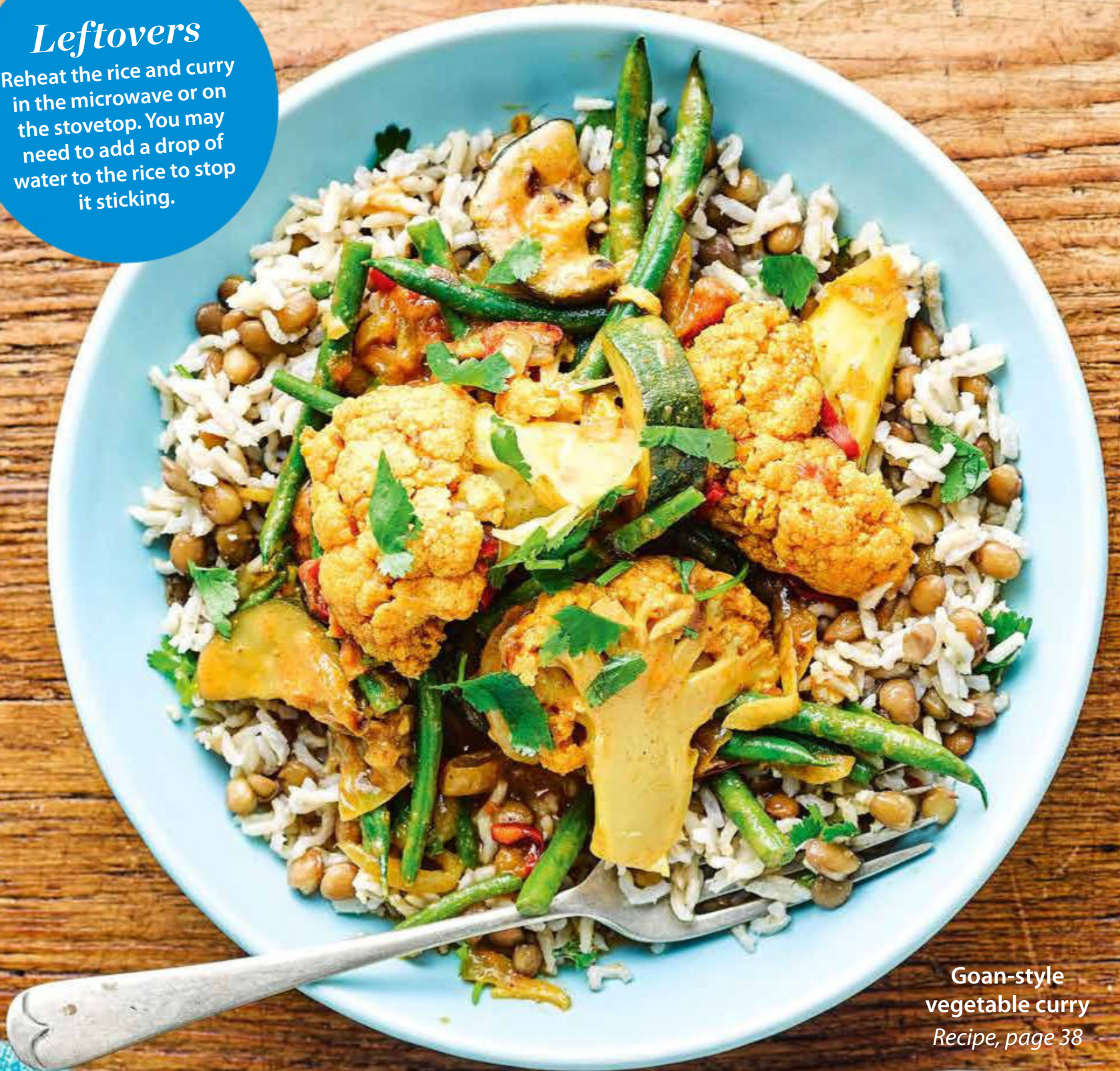
## *Leftovers*

Store the remaining pork and beans in an airtight container in the fridge (will keep for up to two days). To serve the second night, just reheat in a saucepan.



## Leftovers

Reheat the rice and curry in the microwave or on the stovetop. You may need to add a drop of water to the rice to stop it sticking.



Goan-style  
vegetable curry  
*Recipe, page 38*





**GFO**

## GOAN-STYLE VEGETABLE CURRY WITH KITCHARI

**PREP** 10 MINS **COOK** 40 MINS

**SERVES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER NIGHT; AS A MAIN)

### KITCHARI

160g brown basmati rice  
1 tsp olive oil  
1 tsp ground coriander  
420g can no added salt brown lentils, rinsed and drained

### CURRY

1 Tbsp olive oil  
2 large brown onions, 1 finely chopped, 1 sliced  
2 red chillies, deseeded and sliced  
3cm piece ginger, finely chopped  
3 tsp ground coriander  
1 tsp ground turmeric  
1 tsp smoked paprika  
1 tsp ground cumin  
3 cloves garlic, chopped  
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder

500ml (2 cups) boiling water  
360g cauliflower florets  
1½ tsp tamarind puree  
320g green beans, trimmed and halved if large  
4 large tomatoes, cut into wedges  
2 large zucchini, halved lengthways and thickly sliced  
100g low-fat natural yoghurt  
½ bunch coriander, chopped

**1** Cook the rice in a saucepan of boiling water for 25 minutes or until tender. Drain.

**2** Meanwhile, to make the curry; heat the oil in a large saucepan over medium heat. Add the onion, chillies and ginger. Cook, stirring occasionally, for 8-10 minutes or until the onion softens. Add the coriander, turmeric, paprika, cumin and garlic. Cook, stirring, for 1 minute. Add the combined stock powder and boiling water and the cauliflower to the pan. Cover and simmer for 5 minutes.

**3** Stir the tamarind, beans, tomatoes and zucchini into the curry. Cover the pan and cook for 10-15 minutes more until the vegetables are tender, but still retain a little bite. Remove the lid for the last 5 minutes to reduce the sauce a little. Remove the pan from the heat and stir in the yoghurt and half the fresh coriander.

**4** Meanwhile, for the kitchari, heat the oil in a medium non-stick saucepan over medium heat. Add the ground coriander and cook, stirring, for 30 seconds. Add the rice and drained lentils. Warm through for 1 minute. Stir through the remaining fresh coriander.

**5** Serve half the curry and rice.

### Nutrition info

**PER SERVE** 1760kJ, **protein** 17g, **total fat** 9g (sat. fat 1g), **carbs** 60g, **fibre** 16g, **sodium** 388mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

**GFO**

## SPANISH PORK WITH BEANS

**PREP** 20 MINS **COOK** 40 MINS

**SERVES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER DAY; AS A MAIN)

3 cloves garlic, 1 crushed, 2 sliced  
2 Tbsp olive oil  
4 tsp smoked paprika  
4 (125g each) lean pork medallions, trimmed of fat  
2 large brown onions, halved and sliced  
6 carrots, finely chopped  
2 Tbsp sherry vinegar  
2 red capsicum, deseeded and chopped  
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder  
500ml (2 cups) boiling water  
3 rosemary sprigs, leaves picked and finely chopped  
200g whole cherry tomatoes

2 Tbsp tomato purée  
2 x 400g cans no added salt butter beans, drained  
1/3 bunch flat-leaf parsley, chopped  
Squeeze of fresh lemon (optional)

**1** Combine the crushed garlic, 1 Tbsp of the oil and 1 tsp smoked paprika in a shallow dish. Add the medallions and turn to coat.

**2** Heat a large heavy-based saucepan over medium-high heat. Add the pork and cook for about 4 minutes on each side to partially and brown them. Transfer to a plate.

**3** Add the remaining oil to the pan and heat over medium heat. Add the onion, carrots and sliced garlic. Cook, stirring often, for 10 minutes or until the vegetables start to caramelise a little. Pour in the sherry vinegar, allowing it to sizzle in the heat. Add the capsicum, combined

stock powder and water, rosemary, any juices left in the dish from the pork, the cherry tomatoes, tomato purée, remaining paprika and butter beans.

**4** Lay the pork steaks on top over the vegetables. Cover the pan and reduce heat to medium-low. Cook, covered, for 20 minutes until the pork and vegetables are tender. The pork will be cooked and juicy, but not fall apart. Remove the pork from the pan. Stir in the parsley and a squeeze of lemon juice, if using.

**5** Eat two portions of the pork and beans now.

### Nutrition info

**PER SERVE** 1940kJ, **protein** 41g, **total fat** 13g (sat. fat 2g), **carbs** 36g, **fibre** 20g, **sodium** 366mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



GF

**MINTY GRILLED CHICKEN  
& PEACH SALAD****PREP** 10 MINS **COOK** 15 MINS**SERVES** 2 (AS A MAIN)

Zest and juice of 1 lime  
 1 Tbsp olive oil  
 2 Tbsp finely chopped mint, plus a few small leaves, to serve  
 1 clove garlic, finely grated  
 2 (150g each) skinless chicken breast fillets, trimmed of fat  
 Freshly ground black pepper  
 160g green beans, trimmed and halved  
 1 red onion, cut into wedges  
 2 peaches, each cut into 8 thick wedges  
 1 large Little Gem lettuce, roughly shredded  
 30g rocket leaves  
 1 small avocado, sliced  
 240g Zerella Spud Lite Baby potatoes, halved, steamed, to serve

**1** Combine the lime zest and juice, oil and chopped mint in a bowl. Put half the mixture into a bowl and stir in the garlic. Thickly slice the chicken at a slight angle, add to the garlicky bowl and season with plenty of black pepper. Toss well to combine.

**2** Put the beans in a shallow microwave-safe dish with about 60ml (¼ cup) water. Cover and cook on high for 2 minutes, or until just tender. Drain well.

**3** Meanwhile, preheat a chargrill on medium-high. Spray the chicken and onion with cooking spray. Add to the chargrill and cook for 4 minutes each side or until the chicken is cooked through and the onion is tender. Transfer to a plate and set aside. Add the peaches to the grill and cook for 2-3 minutes each side or until slightly charred. Transfer to a plate.

**4** Toss the warm beans and onion in the remaining mint mixture and pile onto a platter or into individual shallow bowls with the lettuce and rocket. Top with the avocado, peaches and chicken. Scatter over the extra mint leaves. Serve with the potatoes while still warm.

*Nutrition info*

**PER SERVE** 2090kJ, **protein** 42g, **total fat** 19g (sat. fat 3g), **carbs** 30g, **fibre** 16g, **sodium** 113mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

LCO GF

*Nutrition info*

**PER SERVE** 1970kJ, **protein** 41g, **total fat** 19g (sat. fat 3g), **carbs** 25g, **fibre** 15g, **sodium** 107mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten free** • **Lower carb**

**LOWER-CARB  
OPTION**  
 Reduce to 120g  
 steamed  
 potatoes.





## summer special

GFO

### MISO SALMON WITH GINGER NOODLES

PREP 10 MINS COOK 15 MINS SERVES 2 (AS A MAIN)

100g dried soba noodles  
1½ tsp brown miso paste or  
gluten-free miso paste  
2 tsp balsamic vinegar  
½ tsp smoked paprika  
1 Tbsp water  
2 (120g each) skinless salmon  
fillets  
2 tsp olive oil  
30g ginger, cut into matchsticks  
1 green capsicum, deseeded, cut  
into strips  
2 leeks, thinly sliced  
3 large cloves garlic, finely grated  
160g baby spinach leaves

1 Cook the noodles in a small  
saucepan of boiling water following  
packet directions. Preheat the grill  
to medium and place a piece of foil  
on the grill rack.

2 Meanwhile, mix 1 tsp of the miso  
paste with the vinegar, paprika and  
water. Spread over the salmon and  
place on the lined grill tray. Grill for  
6-8 minutes or until the salmon is  
flaky and cooked.

3 Heat the oil in a wok over high  
heat. Add the ginger, capsicum and  
leek. Stir-fry for 2-3 minutes or until  
the vegetables start to soften. Add  
the garlic and stir-fry for 1 minute.

4 Drain the noodles, reserve 2 Tbsp  
cooking water and mix with the  
remaining miso. Add the drained  
noodles, miso liquid and spinach to  
the wok and toss until the spinach  
wilts. Pile onto plates, top with the  
salmon and any juices. Serve.

#### Nutrition info

PER SERVE 2400kJ, protein 40g,  
total fat 22g (sat. fat 6g), carbs 48g,  
fibre 15g, sodium 765mg • Carb  
exchanges 3 • GI estimate low  
• Gluten-free option

LCO GFO

#### Nutrition info

PER SERVE 1920kJ, protein 42g,  
total fat 22g (sat. fat 6g), carbs 15g,  
fibre 16g, sodium 322mg • Carb  
exchanges 1 • GI estimate low  
• Gluten-free option

#### LOWER-CARB OPTION

Swap the soba  
noodles for 100g  
Slendier Soy  
Bean Organic  
Fettucine.



GFO

## CHEESY SEAFOOD BAKE

PREP 15 MINS COOK 30 MINS

SERVES 2 (AS A MAIN)

300g Carisma potatoes, unpeeled, thinly sliced  
2 Tbsp skim milk  
40g reduced-fat vintage cheese, finely grated  
1 tsp olive oil  
1 brown onion, finely chopped  
1 red capsicum, deseeded and finely chopped  
2 tsp balsamic vinegar  
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder  
400g can no added salt chopped tomatoes  
½ bunch basil, leaves picked and finely chopped  
1 clove garlic, finely grated  
300g skinless boneless white fish fillets  
250g small cooked prawns, peeled and deveined  
160g broccoli florets, steamed, to serve

**1** Cook the potato slices in a medium saucepan of boiling water for 10 minutes. Drain well and transfer to a large bowl. Gently mix in the milk and half the cheese. Don't worry if the potatoes break up a little.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 6-7 minutes or until the onion softens. Stir in the capsicum and cook, stirring occasionally, for a further 5 minutes. Stir in the balsamic vinegar and stock powder until combined. Add the tomatoes, basil and garlic. Lay the fish fillets on top. Cover and cook for 6-8 minutes until the fish flakes when tested. Preheat the grill to high.

**3** Remove the pan from the heat and stir in the prawns. Tip the mixture into a shallow baking dish, breaking up the fish into large chunks. Cover with the potato slices and sprinkle with the remaining cheese. Place under grill and cook for 3-4 minutes or until golden. Serve with the steamed broccoli.

### Nutrition info

**PER SERVE** 2050kJ, **protein** 58g, **total fat** 12g (sat. fat 4g), **carbs** 38g, **fibre** 13g, **sodium** 839mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**





# YOUR 7-DAY VEGIE DIET PLAN FOR 2

|           | Breakfast                                                                                                                                      | Lunch                                                                                                                                                   | Dinner                                                                                                                                           |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday    |  <p>Corn fritters with eggs &amp; black bean salsa, p29</p>   |  <p>Asparagus &amp; lemon spaghetti with peas, p47</p>                |  <p>Goan-style vegetable curry with kitchari, p38</p>         |
| Monday    |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>   |  <p>Fresh tomato soup with cheesy cornbread, p33</p>                 |  <p>Goan-style vegetable curry with kitchari, p38</p>        |
| Tuesday   |  <p>Corn fritters with eggs &amp; black bean salsa, p29</p> |  <p>Apple &amp; penne slaw with walnuts, p44</p>                    |  <p>Caponata bake, p44</p>                                  |
| Wednesday |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>  |  <p>Wraps with minty pea hummus &amp; beetroot, p35</p>             |  <p>Rustic beans &amp; spinach with garlic yoghurt, p49</p> |
| Thursday  |  <p>Chia &amp; almond overnight oats, p28</p>               |  <p>Fresh tomato soup with cheesy cornbread, p33</p>                |  <p>Miso noodles with fried eggs, p47</p>                   |
| Friday    |  <p>Chia &amp; almond overnight oats, p28</p>               |  <p>Apple &amp; penne slaw with walnuts, p44</p>                    |  <p>Mint &amp; basil grilled peach salad, p49</p>           |
| Saturday  |  <p>Crunchy oat clusters with peach &amp; yoghurt, p28</p>  |  <p>Quinoa-stuffed capsicum with roast tomatoes &amp; feta, p34</p> |  <p>Caponata bake, p44</p>                                  |



## *Leftovers*

Place the remaining pasta mixture in an airtight container and keep in the fridge for up to three days. Add the apple, nuts and lettuce on the day you're eating it.

Apple, penne  
and walnut slaw  
*Recipe, page 44*

# VEGIE MAINS

Make it meat free with these vibrant  
and filling vegetarian options



GFO

### APPLE, PENNE & WALNUT SLAW

**PREP** 15 MINS **COOK** 15 MINS  
**SERVES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER DAY; AS A MAIN)

200g wholemeal penne or gluten-free pasta  
300g reduced-fat Greek natural yoghurt  
4 tsp sherry vinegar  
2 tsp English mustard powder  
4 green shallots, finely chopped  
6 stalks celery, finely chopped  
1½ x 400g cans no added salt chickpeas, rinsed and drained  
30g raisins  
2 red apples, unpeeled  
12 (35g) walnut halves, broken up  
8 crisp iceberg lettuce leaves

**1** Cook the pasta in a medium saucepan of boiling water for 12 minutes, or until al dente.

**2** Meanwhile, to make a dressing, whisk the yoghurt, vinegar, mustard and shallots in a large bowl.

**3** Add the celery, penne, chickpeas and raisins to the dressing and stir until everything is well coated.

**4** Chop 1 apple and add to half the salad with half the nuts and serve with half of the crisp lettuce leaves, either as a base or as wraps.

#### Nutrition info

**PER SERVE** 1800kJ, **protein** 19g, **total fat** 9g (sat. fat 2g), **carbs** 59g, **fibre** 15g, **sodium** 183mg  
• **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

GFO

### CAPONATA BAKE

**PREP** 15 MINS **COOK** 35 MINS  
**MAKES** 2 (WITH LEFTOVERS FOR 2 FOR ANOTHER DAY; AS A MAIN)

700g (about 6) potatoes, unpeeled, thinly sliced  
4 Tbsp skim milk  
85g reduced-fat vintage cheese, finely grated  
1 Tbsp olive oil  
2 brown onions, finely chopped  
4 tsp balsamic vinegar  
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder  
2 x 400g cans no added salt chopped tomatoes  
2 eggplants, cut into chunks  
2 red capsicum, deseeded and chopped  
1 small bunch basil, leaves picked and finely chopped  
3 cloves garlic, finely grated  
10 Kalamata olives, pitted and halved  
2 tsp drained capers  
1/3 bunch flat leaf parsley, chopped  
320g broccoli florets

**1** Preheat the grill on high. Cook the potatoe slices in a medium saucepan of boiling water for 10 minutes. Drain well and tip into a bowl (don't worry if they break up a little). Add the milk and half the cheese to the potatoes. Mix together.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until the onion softens. Stir in the balsamic vinegar and stock powder. Stir in the tomatoes, eggplant, capsicum, basil and garlic. Cover and cook, stirring often, for 20 minutes, and adding a little water if necessary, until the eggplant is tender when tested with a knife.

**3** Remove the pan from the heat and stir in the olives, capers and parsley. Tip into two shallow ovenproof baking dishes. Cover with the potatoes and sprinkle with the remaining cheese. Place one baking dish under the grill and cook for 5-7 minutes or until golden. While it's grilling, steam or boil half the broccoli to serve with the bake.

#### Nutrition info

**PER SERVE** 1710kJ, **protein** 24g, **total fat** 13g (sat. fat 3g), **carbs** 48g, **fibre** 20g, **sodium** 679mg  
• **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

*Plan for success by shopping and prepping for the week ahead, that way you won't get derailed*





**Caponata bake**  
*Recipe opposite page*

### *Leftovers*

To reheat on the second day, preheat oven to 160°C (fan-forced) and bake for 30-40 mins until bubbling and golden. Cook the remaining broccoli to serve with it.



**summer special**





**GFO**

## MISO NOODLES WITH FRIED EGGS

**PREP** 10 MINS **COOK** 15 MINS**SERVES** 2 (AS A MAIN)

100g dried soba noodles  
 3 tsp olive oil  
 30g ginger, cut into matchsticks  
 1 green capsicum, deseeded, cut into strips  
 2 leeks, thinly sliced  
 3 cloves garlic, finely grated  
 1 tsp smoked paprika  
 3 tsp brown miso paste or gluten-free miso paste  
 160g bean sprouts  
 100g frozen peas, defrosted  
 160g baby spinach leaves  
 2 x 60g eggs  
 1 red chilli, deseeded and chopped (optional)

**1** Cook noodles in a small saucepan of boiling water, following packet directions, until tender. Drain, reserving 2 Tbsp of cooking liquid.

**2** Meanwhile, heat the oil in a wok over medium-high heat. Add the ginger, capsicum and leek. Stir-fry for 3-4 minutes or until the vegetables start to soften. Add the garlic and paprika. Stir-fry for 1 minute. Mix the reserved cooking water and miso in a small bowl.

**3** Add the drained noodles, miso liquid, beansprouts, peas and spinach to the wok and toss over a high heat until the spinach wilts. While you are doing this, spray a medium non-stick frying pan with cooking spray. Add the eggs and cook to your liking.

**4** Pile noodles onto plates, top with the eggs and chilli, if using. Serve.

### Nutrition info

**PER SERVE** 2090kJ, **protein** 28g, **total fat** 15g (sat. fat 3g), **carbs** 53g, **fibre** 20g, **sodium** 978mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

**GFO**

## ASPARAGUS, LEMON & PEA SPAGHETTI

**PREP** 10 MINS **COOK** 15 MINS**SERVES** 2 (AS A MAIN)

140g wholemeal spaghetti or gluten-free spaghetti  
 1 bunch asparagus, woody ends trimmed, diagonally sliced  
 1½ Tbsp olive oil  
 2 leeks, cut into lengths, then thin strips  
 1 red chilli, deseeded, finely chopped  
 1 clove garlic, finely grated  
 160g frozen peas  
 Zest and juice of 1 lemon, plus wedges, to serve

**1** Cook the spaghetti in a medium saucepan of boiling water for 12 minutes or until al dente, adding the asparagus for the last 2 minutes of cooking.

**2** Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the leeks and chilli and cook, stirring occasionally, for 5 minutes. Stir in the garlic, peas, lemon zest and juice. Cook, stirring, for 2 minutes.

**3** Drain the pasta, reserving a little of the cooking liquid. Add the pasta to the pan with 60ml (¼ cup) of the reserved cooking liquid. Toss everything together until well mixed.

**4** Divide pasta between shallow bowls and serve with lemon wedges for squeezing over.

### Nutrition info

**PER SERVE** 2120kJ, **protein** 20g, **total fat** 17g (sat. fat 2g), **carbs** 58g, **fibre** 21g, **sodium** 44mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

**LCO GF**

### Nutrition info

**PER SERVE** 1470kJ, **protein** 21g, **total fat** 17g (sat. fat 3g), **carbs** 18g, **fibre** 20g, **sodium** 41mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

**LOWER-CARB OPTION**  
 Replace spaghetti with 140g Slendier Soy Bean Fettucine.



**summer special**

**Mint & basil grilled  
peach salad**

*Recipe opposite page*





GF

## MINT & BASIL GRILLED PEACH SALAD

**PREP** 10 MINS **COOK** 25 MINS  
**SERVES** 2 (AS A MAIN)

Zest and juice of 1 lime  
1 Tbsp olive oil  
2 Tbsp finely chopped mint, plus a few whole leaves, to serve  
2 Tbsp basil leaves, chopped  
2 (300g) peaches, quartered  
75g quinoa  
160g green beans, trimmed and halved, steamed  
1 small red onion, finely chopped  
1 large Little Gem lettuce, roughly chopped  
30g rocket leaves  
1 small avocado, sliced

1 Combine the lime zest and juice, oil, mint and basil in a bowl. Put half the dressing in a bowl with the peaches. Set aside to macerate.

2 Meanwhile, cook the quinoa following pack instructions.

2 Preheat a chargrill on medium-high. Add the peaches to the grill and cook for 1 minute each side. If you don't have a chargrill, you can use a large non-stick frying pan with a drop of oil.

3 Drain the quinoa and divide between shallow bowls. Toss the warm beans and onion in the remaining mint mixture and pile on top of the quinoa with the lettuce and rocket. Top with the avocado and peaches and scatter over the mint leaves. Serve while still warm.

### Nutrition info

**PER SERVE** 1750kJ, **protein** 11g, **total fat** 19g (sat. fat 3g), **carbs** 42g, **fibre** 17g, **sodium** 39mg  
• **Carb exchanges** 3 • **GI estimate** low • **Gluten free**



GFO

## RUSTIC BEANS & SPINACH WITH GARLIC YOGHURT

**PREP** 20 MINS **COOK** 30 MINS  
**SERVES** 2 (AS A MAIN)

2 Tbsp olive oil  
1 large brown onion, halved and thinly sliced  
1 large carrot, cut into small chunks  
5 cloves garlic, 3 finely sliced and 2 crushed  
1 Tbsp sherry vinegar  
1 red capsicum, deseeded and chopped  
½ tsp salt-reduced vegetable stock powder or gluten-free stock powder  
250ml (1 cup) boiling water  
2 sprigs rosemary  
1 Tbsp smoked paprika, plus a pinch to serve  
150g cherry tomatoes  
1½ tbsp tomato purée  
400g can butter beans, rinsed and drained  
240g reduced-fat Greek natural yoghurt  
160g baby spinach leaves  
Squeeze fresh lemon, to serve (optional)  
Freshly ground black pepper

1 Heat the oil in a large non-stick frying pan over medium heat. Add the onion, carrot and sliced garlic. Cook, stirring frequently, for 10 minutes or until the vegetables starts to caramelise. Pour in the sherry vinegar, allowing it to sizzle in the heat. Add the capsicum, stock powder and boiling water, rosemary, paprika, cherry tomatoes, tomato purée and beans. Cook, stirring occasionally, for 15 minutes.

2 Meanwhile, stir the yoghurt and crushed garlic together in a small bowl.

3 Stir the spinach into the pan and cook until it wilts, adding a splash of water if you need to. Add some lemon juice to taste if you like. Serve in bowls topped with a dollop of the yoghurt, a pinch of paprika and a good grinding of black pepper.

### Nutrition info

**PER SERVE** 2250kJ, **protein** 24g, **total fat** 23g (sat. fat 5g), **carbs** 44g, **fibre** 27g, **sodium** 756mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option** ■





# A TASTE OF GREECE

Taste the Mediterranean in this char-grilled classic

GFO

## PORK SOUVLAKI WITH GREEK SALAD

**PREP** 15 MINS (+ 30 MINS  
MARINATING) **COOK** 40 MINS  
**SERVES** 2 (AS A MAIN)

1 clove garlic, finely grated  
1 Tbsp olive oil  
Zest and juice of half a lemon  
 $\frac{3}{4}$  tsp dried oregano  
Freshly ground black pepper  
250g lean pork fillet, trimmed of  
fat, cut into chunks  
1 brown onion, finely chopped  
70g (1/3 cup) brown basmati rice  
 $\frac{1}{2}$  tsp dried mint  
1 tsp salt-reduced vegetable stock  
powder or gluten free stock  
powder  
300ml boiling water  
2 Tbsp chopped dill  
3 tomatoes, chopped

1 Lebanese cucumber, chopped  
1 red onion, halved, thinly sliced  
4 Kalamata olives, halved  
1 tsp red wine vinegar  
25g reduced-fat feta, crumbled

1 Put the garlic and 2 tsp of the oil in a large bowl. Add the lemon zest and 1 tsp juice, and  $\frac{1}{2}$  tsp oregano. Season with pepper. Stir well. Add the pork and mix so the meat is well coated. Set aside to marinate for 30 minutes (if you have time).

2 Heat 1 tsp of the remaining oil in a medium saucepan over medium heat. Add the chopped brown onion. Cover and cook for 5 minutes. Remove the lid and stir in the rice, dried mint and stock powder. Stir in the boiling water. Cover and reduce heat to medium-low. Cook for 30-35 minutes or until the liquid has been

absorbed and the rice is tender. Stir in dill and a squeeze of lemon juice.

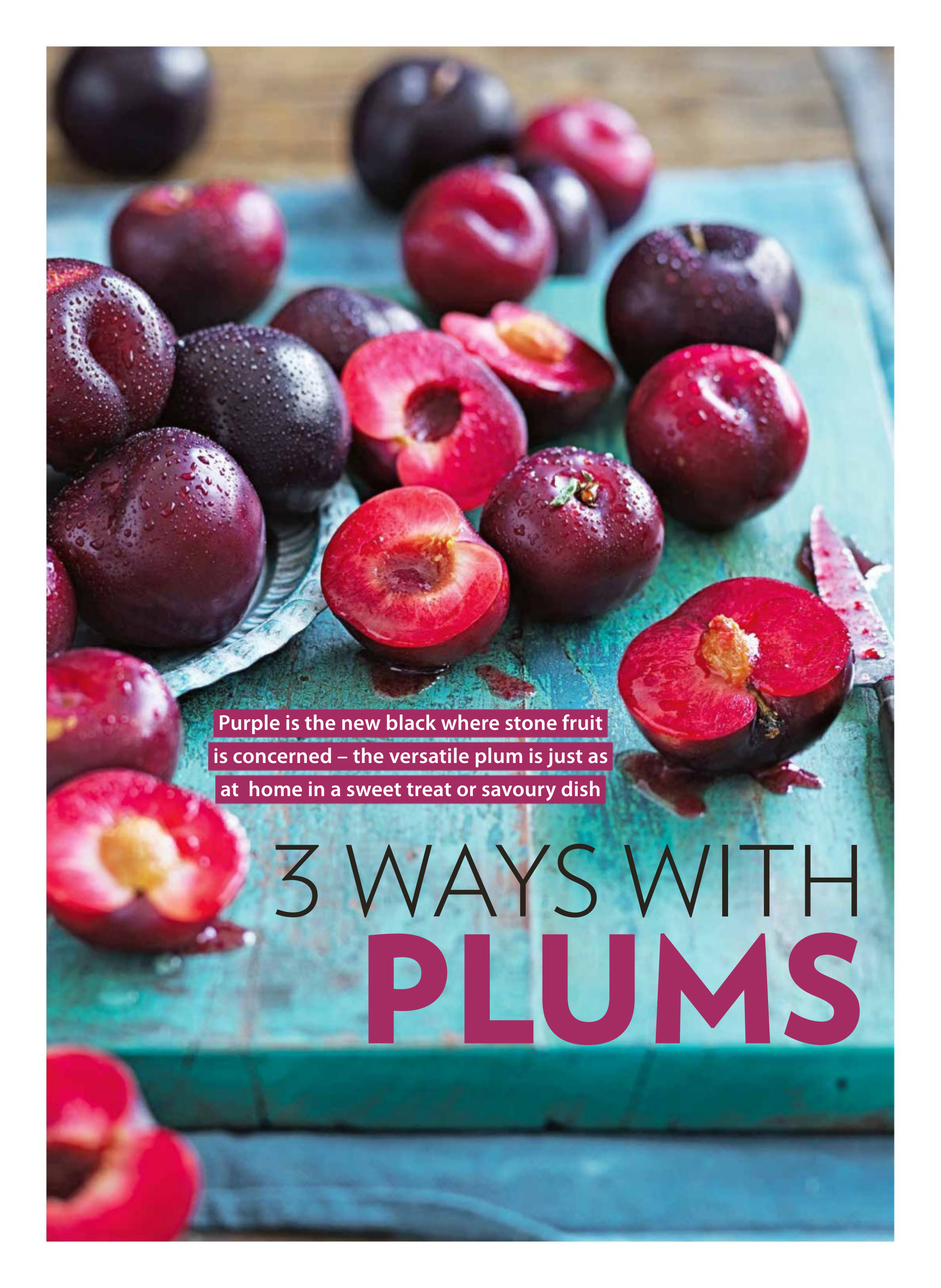
3 Meanwhile, preheat a barbecue grill, chargrill or grill on high. Thread the pork onto two metal skewers. Add the skewers to the grill and cook for 3-4 minutes each side, or until they are just cooked.

4 Mix the tomato, cucumber, red onion and olives in a bowl with the remaining oregano, vinegar, remaining oil and a squeeze of lemon. Pile onto plates and top with the feta. Serve with the skewers and rice.

### Nutrition info

**PER SERVE** 2090kJ, **protein** 40g, **total fat** 16g (sat. fat 4g), **carbs** 43g, **fibre** 10g, **sodium** 569mg  
• Carb exchanges 3 • GI estimate medium • **Gluten-free option**





Purple is the new black where stone fruit is concerned – the versatile plum is just as at home in a sweet treat or savoury dish

# 3 WAYS WITH PLUMS



in season

Chicken with plum  
& herb stuffing  
*Recipe, page 55*







GF

## PAN-FRIED FISH WITH PLUMS

**PREP** 10 MINS

**COOK** 10 MINS **SERVES** 2 (AS A MAIN)

2 x 150g boneless white fish fillets

1 Tbsp rice flour

3 tsp extra virgin olive oil

2 tsp light margarine

2 large white-fleshed plums, flesh cut into thin wedges

1 Tbsp cranberry jelly

Juice of half an orange

60ml (¼ cup) salt-reduced chicken stock or gluten-free stock

150g green beans, steamed, to serve

300g small carisma potatoes, halved, steamed, to serve

1 Tbsp finely chopped tarragon

Freshly ground black pepper

**1** Coat the fish in the flour, shaking off excess. Heat the oil in a medium non-stick frying pan over medium heat. Cook fish for 2 minutes each side, or until opaque. Transfer to a plate, cover with foil and set aside.

**2** Add the margarine and plums to pan. Cook, stirring, for 2-3 minutes or until caramelised. Transfer to a plate. Add the cranberry jelly, juice and stock to the pan. Simmer, for 2-3 minutes or until reduced by half. Return the plums. Sprinkle with pepper.

**3** Place the fish, beans and potatoes on serving plates. Spoon the plums and sauce over the fish. Sprinkle with the tarragon and pepper. Serve immediately.

### LOWER-CARB OPTION

Serve each portion with ½ cup steamed broccoli florets and ½ cup steamed snow peas, instead of potatoes.

### Nutrition info

**PER SERVE** 1660kJ, **protein** 36g, **total fat** 14g (sat. fat 3g), **carbs** 33g, **fibre** 8g, **sodium** 263mg

• **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

**LCO** **GFO**

**PER SERVE** 1520kJ, **protein** 36g, **total fat** 13g (sat. fat 3g), **carbs** 21g, **fibre** 8g, **sodium** 254mg

• **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



## in season

GFO

### CHINESE-STYLE BRAISED PORK AND PLUMS

PREP 15 MINS

COOK 2 HOURS 45 MINS SERVES 4  
(AS A MAIN)

2 tsp olive oil  
500g trimmed pork scotch fillet,  
cut into 3cm cubes  
3cm piece ginger, grated  
3 cloves garlic, crushed  
2 tsp salt-reduced soy sauce or  
gluten-free soy sauce  
1 Tbsp rice wine vinegar  
2 Tbsp brown sugar  
1 tsp Chinese five-spice  
1 cinnamon stick, broken in half  
2 star anise  
400g jar passata  
250ml (1 cup) water

350g plums, flesh chopped  
170g ( $\frac{2}{3}$  cup) Sun Rice Doongara  
Clever White Rice, cooked  
following packet directions  
2 bunches bok choy, steamed, to  
serve

1 Combine the oil, pork, ginger and garlic in a bowl. Heat a large, heavy-based saucepan over medium-high heat. Cook pork mixture, stirring often, for 3-4 minutes or until lightly browned.

2 Add soy sauce, vinegar, sugar, five-spice, cinnamon, star anise, passata, water and plums. Bring to a simmer. Reduce heat to low, cover and cook, stirring occasionally, for  $2\frac{1}{2}$ -3 hours or until pork is very tender.

3 Serve the pork and plums with the rice bok choy.

#### Nutrition info

PER SERVE 2110kJ, protein 36g, total fat 13g (sat. fat 4g), carbs 57g, fibre 8g, sodium 492mg

• Carb exchanges 4 • GI estimate low • Gluten-free option

LCO GFO

PER SERVE 1550kJ, protein 34g, total fat 13g (sat. fat 4g), carbs 26g, fibre 9g, sodium 520mg

• Carb exchanges  $1\frac{1}{2}$  • GI estimate low • Gluten-free option • Lower carb

**LOWER-CARB  
OPTION**  
Replace Doongara  
rice with  $\frac{1}{2}$  cup  
cauliflower rice  
per serve.



GFO

## CHICKEN WITH PLUM & HERB STUFFING

**PREP** 15 MINS (+ 15 MINS RESTING)

**COOK** 20 MINS

**SERVES** 2 (AS A MAIN)

- 300g (1 large) skinless chicken breast, trimmed of fat
- 1 tsp extra virgin olive oil
- 2 tsp Dijon mustard or gluten-free mustard
- 1 bunch broccolini, steamed, to serve
- 1 bunch baby carrots, steamed, to serve

### PLUM & HERB STUFFING

- 1 tsp extra virgin olive oil
- 1 brown onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 Tbsp finely chopped hazelnuts
- 300g plums, flesh finely chopped
- 45g (1 cup) fresh breadcrumbs made from sourdough bread or gluten-free breadcrumbs
- 2 Tbsp finely chopped herbs (such as parsley and thyme)
- 1 egg yolk (from 60g egg)
- Freshly ground black pepper
- Thyme sprigs, to serve (optional)

**1** Cut the chicken breast in half horizontally through the middle. Loosely wrap pieces separately in plastic wrap. Use a mallet or rolling pin to pound until very thin. Place on a plate and cover. Set aside.

**2** To make the stuffing; Heat the oil in a medium non-stick frying pan over medium heat. Add the onion

and garlic. Cook, stirring often, for 5-6 minutes or until the onion starts to soften. Add the hazelnuts and cook, stirring, for 1 minute. Add the plums and cook, stirring often, for 2 minutes. Remove the pan from the heat, transfer to a bowl and set aside for 10 minutes. Stir in the breadcrumbs, herbs, egg yolk and black pepper until combined. Set aside.

**3** Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Lay the flattened chicken pieces on a clean board, and divide stuffing between each. Roll up firmly to enclose stuffing, securing with kitchen string. Heat oil in a medium non-stick frying pan over medium-high heat. Add chicken to pan and cook, turning occasionally, for 2 minutes, or until well browned. Transfer to lined baking tray. Bake in oven for 10-15 minutes or until chicken is cooked through. Transfer to a board and set aside, covered loosely with foil, for 5 minutes.

**4** Remove string and slice chicken. Serve with mustard and vegies, and with thyme sprigs, if you like.

### Nutrition info

**PER SERVE** 2340kJ, **protein** 46g, **total fat** 18g (sat. fat 3g), **carbs** 48g, **fibre** 13g, **sodium** 458mg  
• **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option** ■





# 5 WAYS WITH DELIGHTFUL DIPS

Blitz together a few ingredients and get ready to dip in

GF LC

## BEETROOT HUMMUS

**START TO FINISH** 10 MINS  
**SERVES** 6 (AS A SNACK)

Tip a 420g can drained no-added-salt **chickpeas** (reserving a few to scatter over at the end) into a food processor along with 300g cooked **beetroot**, 1 clove **garlic**, 1 Tbsp **tahini** and the juice of ½ a **lemon**. Season with **pepper**. Cover and process until smooth. Spoon into a bowl and top with the remaining chickpeas, 1 Tbsp roughly chopped **hazelnuts**, 1 Tbsp **pumpkin seeds** and 1 tsp **nigella seeds** (optional). Finish with a drizzle of **olive oil**.

### Nutrition info

**PER SERVE** 564kJ, **protein** 6g, **total fat** 7g (sat. fat 1g), **carbs** 11g, **fibre** 5g, **sodium** 42mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

### HEALTH TIP

Serve these dips with a range of colourful veggie sticks. Try snow peas, carrot, capsicum, celery, asparagus, sliced radish or cucumber.

LC

## CANNELLINI BEAN, PESTO & CHORIZO DIP

**PREP** 5 MINS **COOK** 5 MINS  
**SERVES** 6 (AS A SNACK)

Drain and rinse a 400g can no-added-salt **cannellini beans**. Put in a food processor with ½ small clove **garlic**, 2 Tbsp **pesto**, 1 Tbsp **olive oil** and 2 Tbsp water. Process until well combined. Season with freshly ground black **pepper**. Fry 60g diced **chorizo** in a dry non-stick frying pan until just crisp. Spoon into a bowl and top with chorizo.

### Nutrition info

**PER SERVE** 566kJ, **protein** 5g, **total fat** 10g (sat. fat 2g), **carbs** 5g, **fibre** 3g, **sodium** 101mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GF LC

## BURNT SHALLOT & CREAM CHEESE DIP

**PREP** 5 MINS **COOK** 10 MINS  
**SERVES** 6 (AS A SNACK)

Heat a chargrill pan over high heat. Cook 1 bunch trimmed green **shallots** for 7-10 minutes or until softened and blackened. Set aside to cool. Put in a food processor with 250g reduced-fat **cream cheese**, 2 Tbsp water, zest and juice of 1 **lemon**, and black **pepper**. Process until smooth. Loosen with 1-2 Tbsp water if too thick. Stir through 1 Tbsp chopped **chives** and serve.

### Nutrition info

**PER SERVE** 469kJ, **protein** 4g, **total fat** 10g (sat. fat 7g), **carbs** 1g, **fibre** 0g, **sodium** 134mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

GF LC

## EDAMAME & WASABI DIP

**START TO FINISH** 5 MINS **SERVES** 4 (AS A SNACK)

Place 300g shelled **edamame** beans, 3 Tbsp **crème fraiche**, 2 tsp **wasabi** paste and the juice of 1½ **lemons** in a food processor. Process until smooth and creamy. Season with **pepper**. Spoon into a bowl and sprinkle with 1 tsp black or white **sesame seeds**.

### Nutrition info

**PER SERVE** 503kJ, **protein** 7g, **total fat** 7g (sat. fat 3g), **carbs** 7g, **fibre** 3g, **sodium** 67mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GF LC

## BABA GANOUSH

**PREP** 10 MINS **COOK** 40 MINS  
**SERVES** 6 (AS A SNACK)

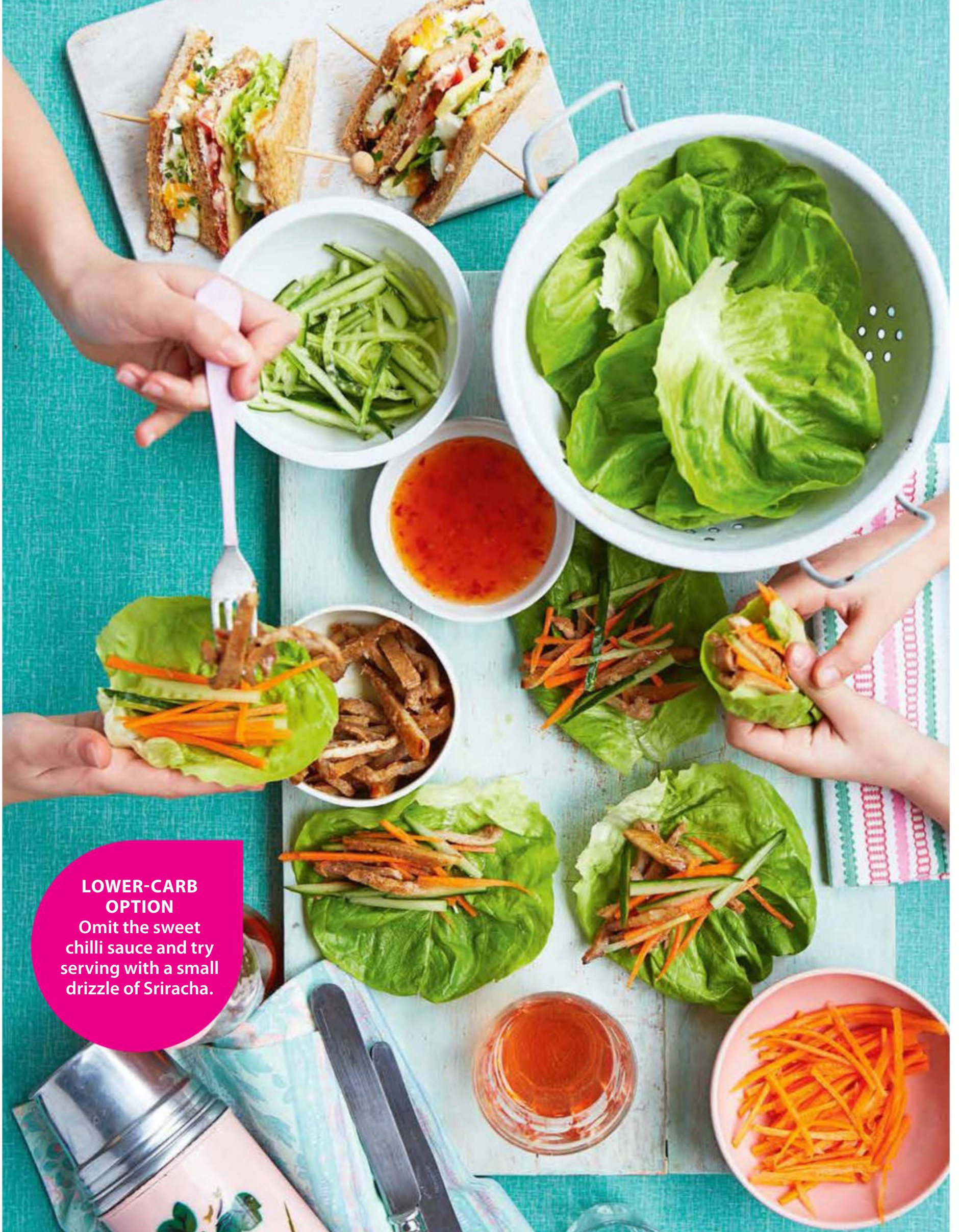
Preheat grill on high. Put 3 **eggplant** on a baking tray and grill for 35-40 minutes, turning halfway, until softened. Leave to cool, then remove skin. Put flesh, 1½Tbsp **olive oil**, ¼ tsp **coriander**, ¼ tsp **cumin**, 2 Tbsp **tahini**, juice of 1 large **lemon** and ¼ small bunch chopped **parsley** in a food processor. Pulse to create a chunky dip, then season with **pepper**. Drizzle with a little **oil**.

### Nutrition info

**PER SERVE** 574kJ, **protein** 3g, **total fat** 10g (sat. fat 1g), **carbs** 5g, **fibre** 6g, **sodium** 16mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**







**LOWER-CARB  
OPTION**  
Omit the sweet  
chilli sauce and try  
serving with a small  
drizzle of Sriracha.

# Easy summer **LUNCHES**

Keep your cool with these easy, and healthy, midday options



## Lunch

GFO

### STICKY PORK LETTUCE CUPS

**PREP** 20 MINS (+ MARINATING)  
**COOK** 10 MINS **SERVES** 4  
(AS A LIGHT MEAL)

1½ Tbsp salt-reduced soy sauce  
or gluten-free soy sauce  
2 Tbsp honey  
2 Tbsp brown sugar  
Pinch ground cinnamon  
Pinch Chinese five-spice powder  
3 tsp olive oil  
1 Tbsp water  
4 (125g each) pork loin steaks,  
trimmed of fat  
1 carrot, cut into matchsticks  
Juice of 1 lime  
Pinch caster sugar  
16 soft lettuce leaves (like butter  
lettuce), washed  
½ Lebanese cucumber, cut into  
matchsticks  
2 Tbsp sweet chilli sauce or  
gluten-free chilli sauce, to serve

**1** Combine the soy sauce, honey, brown sugar, cinnamon, 5-spice, olive oil and water in a small bowl. Put the pork in a shallow dish and pour over the marinade, turning to make sure the steaks are well coated. Set aside for at least 30 minutes to marinate.

**2** Preheat a grill on medium-high. Spray a piece of foil with cooking spray and line a grill tray.

**3** Combine the carrot, lime juice and caster sugar in a small bowl. Add the pork steaks to the grill and cook for 4 minutes each side. Keep an eye on them in case the sugar in the marinade starts to blacken. Transfer pork to a plate and cover loosely with foil. Set aside for 5 minutes. Cut the pork into thin strips.

**4** Put the lettuce leaves on a clean board and divide the pork slices between the lettuce cups. Add some carrot and cucumber to each lettuce cup. Fold in both ends of the lettuce leaf and roll up from one side to contain the filling. Serve with sweet chilli sauce.

#### Nutrition info

**PER SERVE** 1280kJ, **protein** 31g, **total fat** 7g (sat. fat 1g), **carbs** 29g, **fibre** 2g, **sodium** 550mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

LCO GFO

**PER SERVE** 1160kJ, **protein** 31g, **total fat** 7g (sat. fat 1g), **carbs** 22g, **fibre** 2g, **sodium** 389mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

### CHICKEN & SWEETCORN RAMEN

**PREP** 5 MINS **COOK** 10 MINS  
**SERVES** 2 (AS A LIGHT MEAL)

90g instant ramen noodles  
475ml water  
125ml (½ cup) salt-reduced  
chicken stock  
80g cooked skinless chicken  
breast, sliced  
5 Tbsp fresh or frozen corn  
kernels, peas or chopped beans  
60g egg  
½ tsp sesame oil, to serve

**1** Put noodles in a small saucepan (don't add the flavour sachet). Pour over the water and stock. Cover and bring to the boil over high heat. Reduce heat to medium and simmer until cooked (follow pack instructions for cooking time).

**2** Use tongs to lift the noodles out of the pan and transfer to two serving bowls. Return the stock in the pan to a simmer. Add the chicken and cook for 1-2 minutes or until heated through, then use a slotted spoon to transfer the chicken to the bowls. Warm the corn or cook the peas or beans in the stock, bringing back to the boil if you need to, then transfer to the bowl.

**3** Meanwhile, cook the egg in a small saucepan of boiling water for 6 minutes. Drain the water and refill the pan with cold water. Peel and halve the eggs.

**4** Add an egg half to each bowl. Return the stock to a simmer and pour it over the noodles. Add a few drops of sesame oil and serve.

#### Nutrition info

**PER SERVE** 1290kJ, **protein** 22g, **total fat** 7g (sat. fat 2g), **carbs** 39g, **fibre** 3g, **sodium** 668mg • **Carb exchanges** 2½ • **GI estimate** low





Chicken & sweetcorn  
ramen  
*Recipe, opposite*



## lunch



GFO

LC

### FISH & PEA FRITTERS

**PREP** 20 MINS (+ 30 MINS CHILLING)

**COOK** 15 MINS **SERVES** 6

(AS A LIGHT MEAL)

1 tsp light margarine  
400g boneless white fish fillets, chopped  
500g leftover mashed potato  
140g frozen peas, defrosted  
Handful mint leaves, finely chopped  
1 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise or Greek natural yoghurt  
3 Tbsp plain flour or gluten-free flour  
3 Tbsp olive oil  
125g cherry tomatoes, to serve  
60g rocket leaves, to serve

**1** Melt the margarine in a medium non-stick frying pan over medium heat. Add the fish and cook, turning occasionally, for 5 minutes or until it starts to flake. Transfer to a bowl and set aside for 5 minutes to cool slightly. Flake the flesh and season with freshly ground pepper.

**2** If the potato is cold, mash it well before adding to the fish with the peas, mint and mayonnaise. Carefully mix everything together. Flour your hands, then shape the mixture into 12 small patties. Dust both sides in flour, then place on a large plate. Cover and put in the fridge for 30 minutes to chill.

**3** Heat half the oil in a large non-stick frying pan over medium heat. Add half the fishcakes and cook for 3-4 minutes each side, turning carefully, or until golden and crisp. Transfer to a plate, cover loosely with foil and repeat with the remaining oil and fish cakes.

**4** Cool and pack into a lunchbox. Serve with cherry tomatoes and rocket.

#### Nutrition info

**PER SERVE** 1090kJ, **protein** 18g, **total fat** 12g (sat. fat 2g), **carbs** 18g, **fibre** 4g, **sodium** 104mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO

### EGG & WATERCRESS CLUB SANDWICH

**PREP** 10 MINS **COOK** 10 MINS **SERVES** 2 (AS A LIGHT MEAL)

2 x 60g eggs, at room temperature  
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise  
Freshly ground black pepper  
3 slices low gi white bread or gluten-free bread  
20g of picked watercress  
3 slices of tomato  
2 lettuce leaves  
1 slice reduced-fat cheese

**1** Bring a small saucepan of water to the boil and carefully lower in the eggs. Cook for 6 minutes. Drain and cool under running water. Peel the eggs and set aside.

**2** Mash or chop the eggs, then mix with 1½ Tbsp of the mayonnaise. Season with pepper. Toast the bread.

**3** Lay one slice of the toast on a board. Spread three quarters of the egg and scatter over the cress. Add another slice of toast and gently spread on the remaining mayonnaise. Add the tomato, lettuce and cheese. Dot the remaining egg over the top, spread gently, then top with the final piece of toast. Cut the crusts off if you like, then gently cut the sandwich into four quarters, being careful not to squash out the egg. Skewer each sandwich with a sandwich pick.

#### Nutrition info

**PER SERVE** 1160kJ, **protein** 16g, **total fat** 9g (sat. fat 3g), **carbs** 32g, **fibre** 3g, **sodium** 593mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**





Fish & pea fritters  
*Recipe, opposite*



# *Make lunch an occasion with a fresh and flavourful sushi bowl*

GF

### RICE & QUINOA PRAWN SUSHI BOWL

**PREP** 10 MINS **COOK** 20 MINS

**SERVES** 3 (AS A LIGHT MEAL)

100g sushi rice  
20g tri-coloured quinoa  
320ml water  
1½ Tbsp rice wine vinegar  
2 tsp caster sugar  
1 tsp olive oil  
210g orange sweet potato, thinly sliced into rounds  
Freshly ground black pepper  
12 large cooked king prawns, peeled and deveined  
¼ Lebanese cucumber, halved, very finely sliced  
½ avocado, thinly sliced  
1 roasted nori sheet, snipped into lengths  
½ tsp Sriracha mayonnaise and sprinkle sesame seeds, per person, to serve

**1** Put the rice and quinoa in a small saucepan. Add the water and bring to the boil over high heat. Cover and reduce heat to low. Cook for 12-15 minutes, or until all the water has been absorbed.

**2** Meanwhile, put the vinegar and sugar in a small saucepan. Stir until the sugar dissolves and the mixture is warmed through.

**3** Stir the vinegar mixture into the cooked rice, then gently move the rice around to let out some steam. The rice should be sticky rather than wet when cooled.

**4** Heat the oil in a medium non-stick frying pan over medium heat. Add the sweet potato and cook, stirring occasionally, for 2-3 minutes each side or until just cooked. Season with pepper and set aside to cool.

**5** Once the rice is cool, divide between three small bowls (or lunch boxes) and level the surface. Halve the prawns lengthways, then arrange on top of the rice along with the cucumber, avocado and nori. To serve, squeeze over some spicy mayo in a zigzag and sprinkle over some sesame seeds, if you like.

### *Nutrition info*

**PER SERVE** 1400kJ, **protein** 21g, **total fat** 7g (sat. fat 1g), **carbs** 43g, **fibre** 5g, **sodium** 387mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free** ■





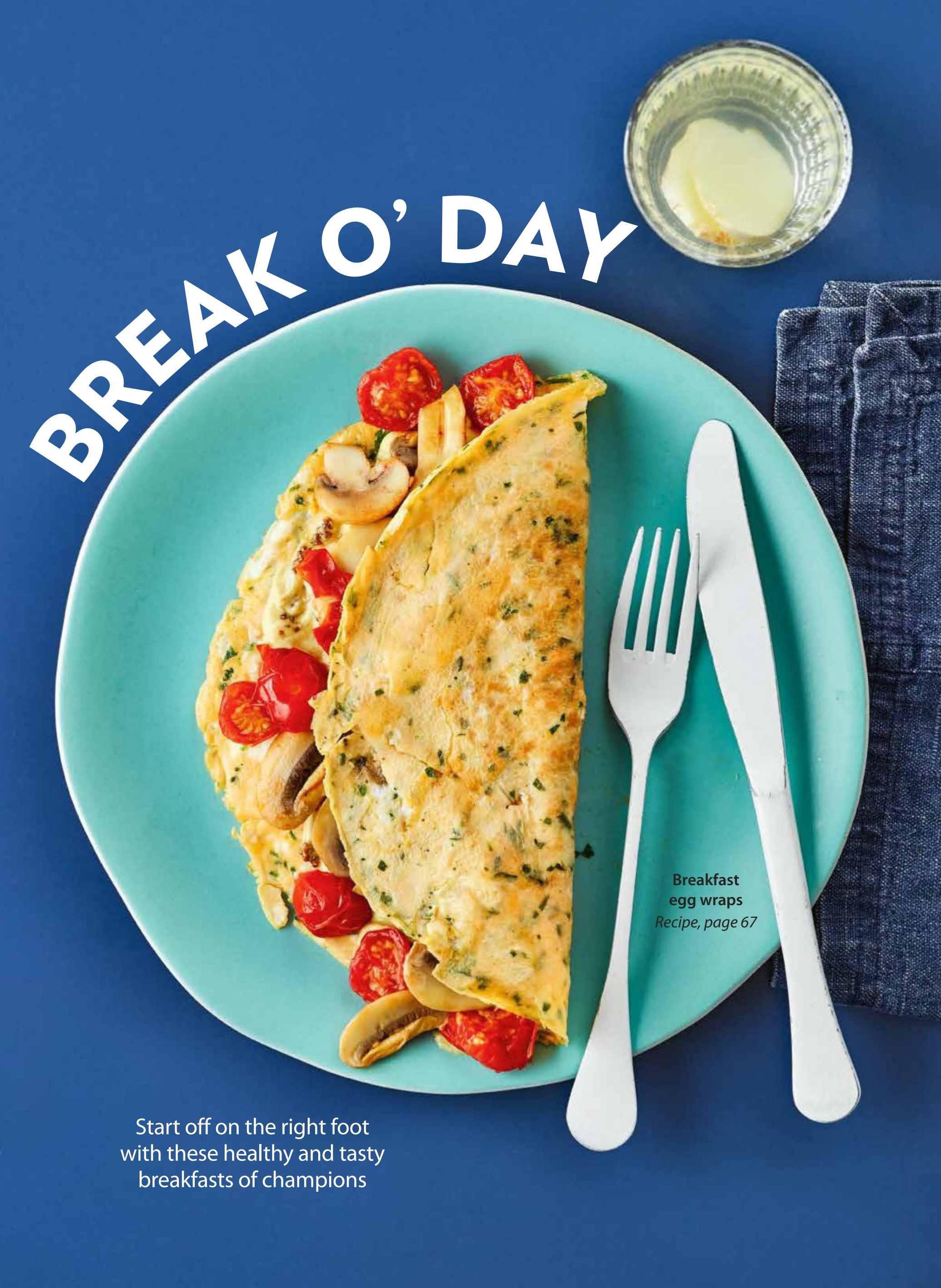




A photograph of a meal featuring seeded cheese and chive bars. The bars are golden-brown, rectangular, and topped with a variety of seeds including pumpkin, sunflower, and sesame. They are arranged in a light green rectangular container and on a white paper napkin with a green leaf pattern, which is placed on a yellow paper napkin. In the background, two cups are visible: a green one filled with a vibrant green liquid and a white one with a light-colored liquid. The entire scene is set on a grey and green patterned surface, with a wooden fence and green foliage visible through a window in the background.

Seeded cheese &  
chive bars  
*Recipe, page 67*





# BREAK O' DAY

Start off on the right foot  
with these healthy and tasty  
breakfasts of champions

Breakfast  
egg wraps  
*Recipe, page 67*



## breakfast



### QUINOA, PEACH & GINGER BIRCHER

**PREP** 10 MINS (+ OVERNIGHT SOAKING) **SERVES** 3 (AS A BREAKFAST)

70g ( $\frac{2}{3}$  cup) quinoa  
70g rolled oats  
2 tsp finely grated ginger  
200ml boiling water  
110ml skim milk, plus a little extra if required  
1 tsp vanilla extract  
360g reduced-fat Greek natural yoghurt  
2 ripe peaches

1 Put the quinoa in a small saucepan and cover with plenty of cold water. Cover and bring to the boil. Reduce heat to medium and simmer for 18 minutes or until the

grains burst. Tip into a sieve and rinse under cold water.

2 Meanwhile, put the oats in a large bowl with the ginger. Pour over the boiling water and stir well. Stir in the 110ml milk, vanilla and 180g of the yoghurt. Fold through the quinoa. Cover and place in the fridge overnight.

3 The next day, add a little more milk to get the consistency you want. Spoon the bircher between three bowls. Top each of the bowls with the remaining yoghurt and chopped peaches. Stir and serve.

#### *Nutrition info*

**PER SERVE** 1390kJ, **protein** 17g, **total fat** 6g (sat. fat 2g), **carbs** 46g, **fibre** 9g, **sodium** 153mg • **Carb exchanges** 3 • **GI estimate** low





LC

## SEEDED CHEESE & CHIVE BARS

**PREP** 10 MINS **COOK** 30 MINS

**MAKES** 16 PIECES (2 PER SERVE;  
AS A BREAKFAST)

100g margarine  
250g rolled oats  
2 carrots, grated  
1 Tbsp flaxseed meal  
1 Tbsp chia seeds  
Freshly ground black pepper  
100g reduced-fat vintage cheese,  
grated  
2 x 60g eggs, whisked  
Small bunch of chives, snipped  
2 Tbsp mixed seeds (we used a mix  
of pumpkin, sunflower and  
sesame seeds)

**1** Preheat oven to 180°C (fan-forced). Line a 20 x 20cm ovenproof dish or baking tin with baking paper.

**2** Melt the margarine in a large saucepan over medium heat. Stir in the oats, carrots, flaxseed meal and chia seeds. Season with pepper. Set aside for 10 minutes.

**3** Stir the cheese, eggs and chives into the oat mix. Tip into the dish and scatter over the mixed seeds. Press down with the back of a spoon, making sure it fills to the edges. Bake for 25-30 minutes or until golden. Set aside to cool completely in the dish before cutting into bars.

### Nutrition info

**PER SERVE** 1040kJ, **protein** 11g, **total fat** 13g (sat. fat 5g), **carbs** 19g, **fibre** 5g, **sodium** 200mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LC

## BREAKFAST EGG WRAPS

**PREP** 5 MINS **COOK** 10 MINS

**SERVES** 2 (AS A BREAKFAST)

2 tsp olive oil, plus 2 drops  
250g cap mushrooms, thickly  
sliced  
180g cherry tomatoes, halved or  
4 tomatoes, cut into wedges  
5 x 60g eggs  
1 generous handful flat-leaf  
parsley, finely chopped  
20g rolled oats  
2 tsp English mustard powder  
made up with water

**1** Heat 1 tsp of the oil in a large non-stick frying pan over medium-high heat. Add the mushrooms and stir briefly. Cover and cook for 6-8 minutes or until almost tender. Stir in the tomatoes and cook, uncovered, for 1-2 minutes or until the tomatoes soften. Wipe the pan out with paper towel.

**2** Whisk the eggs, parsley and oats in a bowl. Heat 1/2 teaspoon of the oil in the frying pan over medium heat. Add half of the egg mixture to the pan. Cook for 1 minute or until almost set, flip over and then slide out of the pan. Repeat with the remaining oil and egg mixture to make a second wrap.

**3** Place the egg wraps on a clean surface. Spoon a little of the mustard mixture over each wrap. Spoon half the filling down one side of each wrap. Fold over. Alternatively, you can place half the filling down the centre of each wrap and rollup.

### Nutrition info

**PER SERVE** 1340kJ, **protein** 24g, **total fat** 20g (sat. fat 4g), **carbs** 8g, **fibre** 5g, **sodium** 255mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

### Cook's Tip

Keep in an airtight container for up to 5 days.





### ***Cook's Tip***

The scones can be eaten immediately or cooled and stored for later.



## CHIA & OAT BREAKFAST SCONES

**PREP** 15 MINS **COOK** 20 MINS  
**SERVES** 4 (AS A BREAKFAST)

2 tsp olive oil, plus a little for the ramekins  
50ml skim milk  
1 Tbsp fresh lemon juice  
2 tsp vanilla extract  
160g plain wholemeal spelt flour  
2 Tbsp chia seeds  
25g ( $\frac{1}{4}$  cup) rolled oats  
2 tsp baking powder  
240g reduced-fat Greek natural yoghurt  
400g strawberries, hulled and sliced

**1** Preheat oven to 180°C (fan-forced). Line the base of 4 x 185ml ( $\frac{3}{4}$  cup) ramekins with a round of baking paper. Brush the sides of the ramekins with a little oil. Measure the milk in a jug and make up to 300ml with water. Stir in the lemon juice, vanilla and the 2 teaspoons of oil. Place the flour, chia seeds and oats in the bowl of a small food processor. Process to make the mix as fine as you can. Stir in the baking powder. Transfer to a large bowl.

**2** Pour the liquid mixture into the flour mixture and use a flat-bladed knife to mix until you have a very wet batter like dough. Spoon the mixture evenly into the ramekins then bake on a baking tray for 20 minutes or until risen – they don't have to be golden but should feel firm. Set aside for a few minutes then run a knife round the inside of the ramekins to loosen the scones then carefully ease out.

**3** Split the scones and top with the yoghurt and strawberries.

### Nutrition info

**PER SERVE** 1280kJ, **protein** 13g, **total fat** 7g (sat. fat 2g), **carbs** 42g, **fibre** 11g, **sodium** 229mg • **Carb exchanges** 3 • **GI estimate** medium

## ACAI BOWL

**PREP** 5 MINS  
**SERVES** 1 (AS A BREAKFAST)

2 tsp açai powder  
 $\frac{1}{2}$  cup frozen mixed berries  
 $\frac{1}{2}$  very ripe banana, chopped  
100ml water  
Handful ice cubes

### TOPPING

1 tsp coconut flakes  
100g pineapple chunks  
 $\frac{1}{2}$  passionfruit  
1 Tbsp rolled oats, toasted, to top

**1** Put the açai powder, frozen berries, banana, water and ice cubes in a blender. Blend until smooth.

**2** Pour mixture into a bowl. Top with the topping ingredients. Serve immediately.

### Nutrition info

**PER SERVE** 705kJ, **protein** 3g, **total fat** 2g (sat. fat 1g), **carbs** 30g, **fibre** 7g, **sodium** 14mg • **Carb exchanges** 2 • **GI estimate** low ■







### ***Cook's Tip***

Keep these in an airtight container in the fridge for up to 5 days.



Strawberry  
lamington bites  
*Recipe, page 72*



Bring your celebrations home with  
flavoursome finishes starring true-  
blue classics – with a twist!

# FAIR DINKUM DELICIOUS

How our  
food works  
for you  
see page 82

Tropical  
pavlova cake  
*Recipe, page 77*





## desserts

GFO LC

### STRAWBERRY LAMINGTON BITES

**PREP** 15 MINS **MAKES** 16  
(1 PER SERVE AS A DESSERT)

250g punnet strawberries, hulled, chopped  
1 Tbsp water  
125g low-fat vanilla yoghurt  
105g (1¼ cups) desiccated coconut  
225g piece rectangular plain sponge cake or gluten-free sponge cake

**1** Put the strawberry and water in a small food processor and process until smooth. Push the mixture through a fine sieve into a shallow bowl, discarding the pulp. Stir in the yoghurt. Put the coconut on a large tray.

**2** Cut the sponge into 16 pieces. Using a sharp knife, trim away the outside edges of the cake.

**3** Dip the sponge pieces in the strawberry mixture then roll in the coconut. Arrange on serving plates. Serve.

#### *Nutrition info*

**PER SERVE** 420kJ, **protein** 2g, **total fat** 6g (sat. fat 4g), **carbs** 10g, **fibre** 2g, **sodium** 50mg • **Carb exchanges** ½ • **GI estimate** high • **Gluten-free option** • **Lower carb**

### LEMON & PASSIONFRUIT BUTTERFLY CAKES

**PREP** 15 MINS **COOKING** 20 MINS  
**MAKES** 12 (1 PER SERVE AS A DESSERT)

70g light margarine  
110g (½ cup) caster sugar  
1 tsp vanilla extract  
60g egg, separated  
120g (¾ cup) wholemeal self-raising flour  
75g (½ cup) plain flour  
1 tsp baking powder  
140g tub unsweetened apple puree  
125ml (½ cup) skim milk  
1 eggwhite (from 60g egg)  
3 Tbsp lemon curd  
2 passionfruit, pulp removed  
1 Tbsp thick low-fat Greek-style natural yoghurt  
Icing sugar, to serve

**1** Preheat oven to 170°C (fan-forced). Line 12 x 80ml (⅓ cup) muffin tins with paper cases. Spray cases with cooking spray. Using electric beaters, beat the margarine, sugar and vanilla in a medium bowl until smooth. Beat in the egg yolk. Sift the flours and baking powder into a medium bowl, returning husks to bowl. Add half the flour mixture and the apple puree to margarine mixture and stir

until combined. Add the remaining flour and milk and stir until smooth. Using clean electric beaters, whisk the 2 eggwhites in a small bowl until soft peaks form. Fold into the flour mixture until well combined.

**2** Divide the mixture evenly between paper cases and smooth the surfaces. Bake for 18-20 minutes or until a skewer inserted into the centre of a cake comes out clean. Set aside to cool.

**3** Using a small serrated knife, angled slightly inwards, cut a 2cm-deep x 3cm-wide piece from the top of each cake. Cut cake tops in half, trimming a little to form wing shapes. Combine the lemon curd, passionfruit and yoghurt in a small bowl. Spoon the mixture evenly between cakes. Arrange 2 cake top pieces on each cake to resemble wings. Dust with icing sugar. Serve.

#### *Nutrition info*

**PER SERVE** 664kJ, **protein** 3g, **total fat** 4g (sat. fat 2g), **carbs** 27g, **fibre** 2g, **sodium** 140mg • **Carb exchanges** 2 • **GI estimate** high

*Set hearts a flutter with these little pretties – they'll fly right off the plate.*





Lemon & passionfruit  
butterfly cakes  
*Recipe, opposite*



### Cook's Tip

Store the ice-cream in the freezer for up to 1 month.

## ANZAC COOKIES & CREAM ICE-CREAM

**PREP** 15 MINS (PLUS 15 MINS COOLING AND 3 HOURS FREEZING)

**COOK** 20 MINS **SERVES** 12 (AS AN OCCASIONAL DESSERT)

90g (1 cup) rolled oats  
80g (½ cup) wholemeal plain flour  
3 Tbsp brown sugar  
1 tsp ground cinnamon  
40g light margarine, melted  
1 Tbsp golden syrup  
1 Tbsp no-added-sugar apple juice  
1.2L Peters No Sugar Added Creamy Vanilla ice-cream  
2 cups fresh blueberries and raspberries, to serve

**1** Preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Combine the oats, flour, sugar and cinnamon in a medium bowl. Add the margarine, syrup and apple juice. Mix until well combined. Using your fingertips, crumble mixture onto the prepared tray. Bake for 15-20 minutes or until the biscuit is golden brown and crunchy. Set aside for 15 minutes to cool. Reserve ½ cup of biscuit pieces in a small airtight container.

**2** Scoop the ice-cream into a large bowl and set aside for 10 minutes to soften slightly. Using a large spoon, mix until smooth. Add the biscuit mixture and stir until combined. Transfer to a shallow freezer-proof container or dish. Cover and freeze for 2-3 hours or until frozen. To serve, divide between serving bowls and sprinkle with the reserved biscuit pieces. Sprinkle over berries, if using. Serve.

### Nutrition info

**PER SERVE** 880kJ, **protein** 8g, **total fat** 5g (sat. fat 3g), **carbs** 23g, **fibre** 9g, **sodium** 71mg • **Carb exchanges** 1½ • **GI estimate** low





***Cook's Tip***

This cake can be kept  
in an airtight  
container for up  
to 3 days.

Chocolate  
Tim Tam cake  
*Recipe, page 77*



GFO LC

## CHOCOLATE, HONEY & MACADAMIA CRACKLES

**PREP** 10 MINS **COOK** 25 MINS

**MAKES** 24 (1 PER SERVE AS A DESSERT)

40g light margarine

3 Tbsp honey

2 Tbsp cocoa powder, sifted

90g (2½ cups) Kellogg's Rice Bubbles or gluten-free rice bubbles

50g unsalted macadamia nuts, finely chopped

60g egg, lightly whisked

**1** Preheat oven to 160°C (fan-forced). Line 20 x 30ml (1½ Tbsp) mini muffin tins with paper cases. Put the margarine, honey and cocoa powder in a small saucepan over medium heat. Cook, stirring, for 4-5 minutes or until the mixture is well combined. Set aside for 10 minutes to cool slightly.

**2** Put the Rice Bubbles, honey mixture, nuts and egg in a medium bowl. Mix until well combined. Spoon the mixture evenly between paper cases. Bake for 16-20 minutes or until crackles are crisp. Set aside to cool. Serve.

### ***Nutrition info***

**PER SERVE** 216kJ, **protein** 1g, **total fat** 3g (sat. fat 1g), **carbs** 6g, **fibre** 0g, **sodium** 27mg • **Carb exchanges** ½ • **GI estimate** high • **Gluten-free option** • **Lower carb**

### ***Cook's Tip***

These can be kept in an airtight container for up to 5 days.



GFO

## TROPICAL PAVLOVA CAKE

**PREP** 10 MINS (+ 1 HOUR COOLING)

**COOK** 40 MINS **SERVES** 12 (AS A DESSERT)

170g tub Chobani Coconut yoghurt

1 mango, flesh thinly sliced

8 canned lychees, drained, halved or quartered

1 large banana, diagonally sliced

1 Tbsp toasted coconut chips

Small mint leaves, to serve (optional)

### PAVLOVA CAKE

8 eggwhites (from 60g eggs)

220g (1 cup) caster sugar

3 tsp white vinegar

3 tsp cornflour or gluten-free cornflour

1 tsp vanilla extract

**1** To make the pavlova cake, preheat oven to 150°C (fan-forced). Spray a 22cm (base measurement) non-stick springform tin with cooking spray. Line base and sides with baking paper. Put eggwhites and sugar in a clean, dry bowl. Using an electric mixer on medium-high, whisk for 5 minutes or until thick and glossy.

**2** Using a large metal spoon, carefully fold in vinegar, cornflour and vanilla. Spoon half the mixture into prepared tin, pushing it to the sides to prevent any large air bubbles forming. Add remaining mixture, firmly packing it in, then smooth the surface. Reduce oven temperature to 120°C (fan forced). Bake for 40 minutes or until cake is just cooked. Turn off oven and use a

wooden spoon to hold the door ajar. Leave to cool in oven for 1 hour.

**3** Remove the sides of tin. Line a large, flat plate with baking paper. Put the plate, with baking paper, on top of the cake. Turn out cake onto plate. Remove base and baking paper. Invert cake onto a serving plate. Whisk the yoghurt in a small bowl until smooth. Spread over the cake. Top with the mango, lychee and banana. Sprinkle over coconut chips and mint, if using. Cut into pieces and serve.

### Nutrition info

**PER SERVE** 531kJ, **protein** 4g, **total fat** 1g (sat. fat 0g), **carbs** 27g, **fibre** 1g, **sodium** 46mg  
• **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

## CHOCOLATE TIM TAM CAKE

**PREP** 20 MINS **COOK** 20 MINS  
**SERVES** 12 (AS AN OCCASIONAL DESSERT)

70g light margarine

80g (½ cup) brown sugar

140g tub apple with strawberry puree

60g egg, separated

1 tsp vanilla extract

35g (⅓ cup) cocoa powder

160g (1 cup) wholemeal self-raising flour

1 Tbsp plain flour

125ml (½ cup) low-fat milk

1 eggwhite (from 60g egg)

4 x 62g tubs Nestlé Soleil Chocolate Mousse, whisked until smooth

4 Arnott's Original Tim Tams, chopped

**1** Preheat oven to 160°C (fan-forced). Spray 2 x 18cm springform cake tins with cooking spray. Line the bases and sides with baking paper.

**2** Using a wooden spoon, combine the margarine and sugar in a medium bowl. Add the puree, egg yolk and vanilla. Mix until smooth. Sift the cocoa powder and flours over mixture, returning husks to bowl. Add the milk and stir until combined. Using electric beaters, whisk the 2 eggwhites in a small clean, dry bowl until soft peaks form. Add to the cocoa mixture and, using a metal spoon, fold in until well combined.

**3** Divide the mixture evenly between prepared tins and smooth the surfaces. Bake for 15-20

minutes or until a skewer inserted into the centre of cakes comes out clean. Set aside for 10 minutes before turning out onto a wire rack to cool completely.

**4** Put 1 cake on a serving plate. Spread half the mousse over the top of the cake. Sprinkle over half the chopped Tim Tam. Top with the remaining cake. Spread over remaining mousse and sprinkle over remaining Tim Tam. Cut cake into pieces and serve.

### Nutrition info

**PER SERVE** 790kJ, **protein** 5g, **total fat** 6g (sat. fat 3g), **carbs** 28g, **fibre** 3g, **sodium** 150mg • **Carb exchanges** 2 • **GI estimate** medium ■



# Cook, eat, enjoy

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*



## TOP TIPS FROM DIETITIAN SHANNON LAVERY TO HELP YOU MAKE THE HEALTHIEST CHOICES

- Enjoy sashimi-style salmon and tuna, rich in omega-3 fatty acid and vitamins B12 and D
- Choose miso soup, which provides beneficial probiotics
- Order a side of unsalted edamame beans for protein and fibre
- Avoid or minimise your use of soy sauce which is high in sodium (salt) and when possible opt for salt-reduced soy sauce
- Opt for brown rice sushi over white rice sushi
- Go easy on deep-fried or mayonnaise-heavy dishes
- Keep an eye on portions - sushi often comes in bite-sized pieces, but the kilojoules and carbs add up quickly



### HEALTH TIP

Sushi can make a healthy and convenient lunch choice when you are out and about. But not all options are as healthy as others.





## SECOND LUNCH

Toss 2 cups **mixed rocket & spinach leaves**, 1 large ripe **peach**, cut into wedges, 50g torn **bocconcini**, 125g **cherry tomatoes**, halved and 1 **Lebanese cucumber**, chopped. Drizzle with a little **balsamic** and serve with 1 x 30g slice toasted **wholemeal sourdough** or gluten-free bread. Serves 1.

GFO

### PER SERVE

1510kJ, **protein** 18g, **total fat** 11g (sat. fat 7g), **carbs** 38g, fibre 12g, **sodium** 407mg  
 • **Carb exchanges** 2½  
 • **GI estimate** low  
 • **Gluten-free option**



## SUPERMARKET CRUSH

### Burgen 85% Lower Carb High Protein Bread

If you are looking for a low carb bread, then you won't find much better than this! With a 2 piece serve containing less than 3g carbs and over 12g fibre and 21g protein! RRP \$6. Available from Woolworths, select Coles and independent stores across NSW, VIC, SA and QLD

## PRODUCT REVIEW

This nifty little tool the **Stem Gem Strawberry Huller**, easily removes the leaves and stems from strawberries, you simply insert the push button stainless steel "claw" into the strawberry, then twist and pull to remove the stem and hull. It's also perfect for coring tomatoes quickly and easily. RRP \$21.95. Available from leading Australian kitchenware retailers David Jones, Kitchen Warehouse, Minimax and House (online).



## QUICK DESSERTS

GF

### CREAMY FILLED APRICOTS

Whisk 2 Tbsp smooth **light ricotta** and 2 Tbsp **reduced-fat Greek natural yoghurt** in a small bowl. Split 4 large **apricots** in half and remove the stone. Divide the mixture between the apricot halves. Sprinkle with a little cinnamon, 1 tsp of honey and 2 tsp toasted slivered or flaked almonds. Serves 2.

**PER SERVE** 497kJ, **protein** 6g, **total fat** 3g (sat. fat 1g), **carbs** 13g, **fibre** 4g, **sodium** 86mg • **Carb exchanges** 1  
 • **GI estimate** low • **Gluten free**

GF

### MACERATED BERRIES WITH LEMON SORBET

Toss 1 x 125g punnet **blackberries**, 3 large **strawberries**, cut into thin wedges, and ½ punnet **raspberries** in a bowl. Add 2 tsp **caster sugar**, 2 tsp **unsweetened 100% apple juice**, a sprinkle of **mixed spice** and a few small sprigs of mint. Toss and set aside for 10 minutes to macerate. Top each with 1 small scoop (50g) **lemon sorbet**. Serves 2.

**PER SERVE** 539kJ, **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 26g, fibre 7g, **sodium** 4mg • **Carb exchanges** 1½  
 • **GI estimate** medium • **Gluten free**

GF

### MANGO WHIP

Freeze 2 peeled and cubed **mango** cheeks from a small mango. Place the frozen mango and 3-4 Tbsp **coconut water** in a small food processor or blender. Blend until thick and smooth. Quickly spoon into a serving bowl. Serve immediately. Serves 1.

**PER SERVE** 576kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 32g, **fibre** 3g, **sodium** 10mg • **Carb exchanges** 2  
 • **GI estimate** low • **Gluten free** ■



# Plan your week,

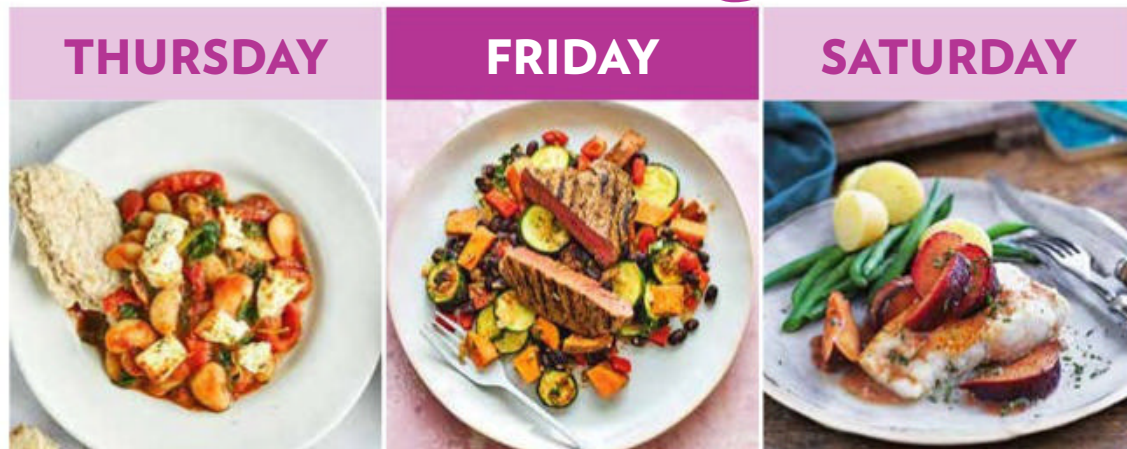
Wondering what to eat this week? Try these delicious meal ideas



|                  |                                                                                        |                                                                                                 |                                                                                                              |                                                                            |
|------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                                                                 |                                                                                                              |                                                                            |
| Breakfast        | Breakfast egg wraps (p 67)                                                             | Quinoa, peach & ginger bircher (p 66)                                                           | Seeded cheese & chive bars (p 67)                                                                            | 40g Uncle Toby's Plus Fibre cereal with ½ cup skim milk and ½ small banana |
| Optional snack   | 1 cup fresh fruit salad                                                                | 2 thin multigrain corn cakes with 40g reduced-fat cheese & sliced tomato                        | 2 small plums                                                                                                | 1 cup fresh fruit salad                                                    |
| Lunch            | Chicken & corn ramen (p 58)                                                            | Egg & watercress club sandwich (p 60)                                                           | 1 slice rye toast topped with 20g slice of cheese, handful baby spinach & ½cup warm salt-reduced baked beans | Rice & quinoa prawn sushi bowl (p 62)                                      |
| Optional snack   | 170g tub Chobani fat free yoghurt                                                      | 1 apple<br> | 30g unsalted nuts                                                                                            | 170g tub Chobani fat free yoghurt                                          |
| Dinner           | Pork souvlaki Greek salad (p 50)<br><i><b>Pictured above</b></i>                       | Green goddess chicken salad (p 17)<br><i><b>Pictured above</b></i>                              | Curried fish cakes (p 18)<br><i><b>Pictured above</b></i>                                                    | Chipotle chicken tinga (p 19)<br><i><b>Pictured above</b></i>              |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                                                                 |                                                                                                              |                                                                            |
| Optional dessert | ½ mango diced with ½ cup low fat custard                                               | 1 cup skim milk with 1 tsp Milo 30% less added sugar                                            | 1 peach sliced & topped with ½ cup diet vanilla yoghurt                                                      | 2 fresh dates                                                              |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                                                                 |                                                                                                              |                                                                            |



# it's easy!



depending on your exercise levels.

Quinoa, peach & ginger bircher (p 66)

2 Multigrain Weet-bix topped with 1 diced small banana & 3/4 cup skim milk

Acai Bowl (p 68)

1/2 mango



170g tub Chobani fat free yoghurt

2 thin multigrain corn cakes with 40g reduced-fat cheese & sliced tomato

Toasted rye sandwich with 95g tuna, sliced tomato & handful baby spinach

Fish & pea fritters (p 60)



Sticky pork lettuce cups (p 58)

Beetroot hummus with 1 cup celery sticks (p 56)

30g unsalted nuts

2 apricots

Crispy grilled feta with saucy butter beans (p 20)  
**Pictured above**

Brazilian-style beef with sweet potato salad (p 21)  
**Pictured above**

Pan-fried fish with plums (p 53)  
**Pictured above**

have a couple of alcohol-free days a week.

1 cup skim milk with 1 tsp Milo 30% less added sugar

1 cup fresh fruit salad

Strawberry lamington bites (p 72)

Always discuss your exercise plans with your doctor first.



## REALISTIC GOALS

Are you someone who often takes these holidays as a time to reflect on the year that has past and to set health goals for the year ahead? Do your goals sometimes end up being unrealistic and unachievable? This year try following these simple steps to help you set realistic goals that will achieve long-lasting results!

**1** Ask yourself what you want to achieve and why – why is it important to you to achieve this goal? Understanding your underlying reasons of why the goal is important will help drive your motivation, helping you to stick to your goal and making change easier.

**2** How will you achieve it? Set a plan with incremental steps to help you achieve your goal. This will give you tangible outcomes, allowing you to track your progress and build confidence and momentum towards your overarching goal.

**3** Keep your goal and action plan visible – somewhere you will look on a daily basis to keep you on track. ■



# Our food explained

Every recipe in *DL mag* is created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, “as an occasional dish”, it should only be

eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ

**Protein** 80g

**Total fat** 70g

**Saturated fat** 24g

**Carbs** 270g

**Fibre** 30g

**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ

**Protein** 65g

**Total fat** 45g

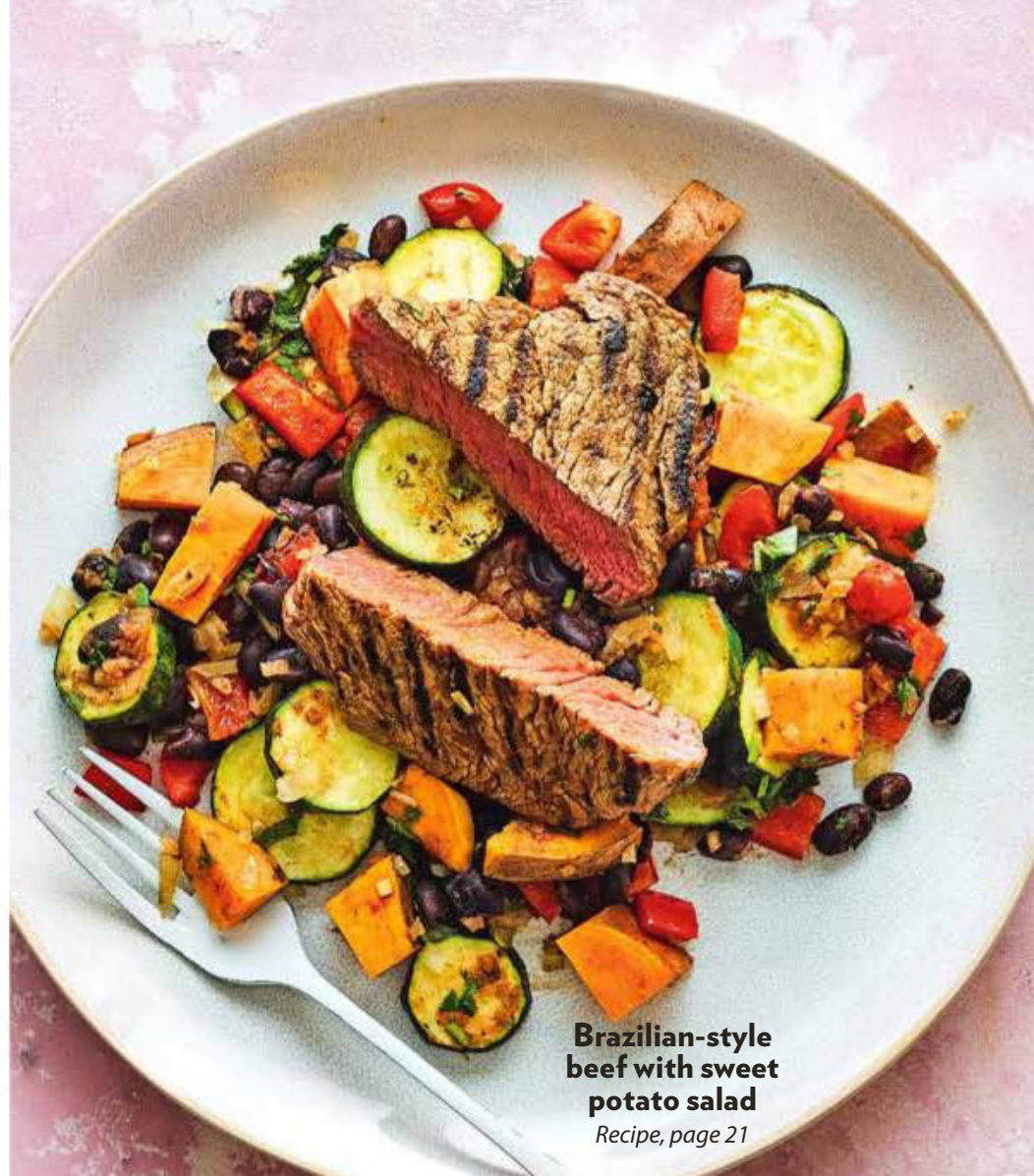
**Saturated fat** 15g

**Carbs** 180g

**Fibre** 30g

**Sodium** Less than 2000mg

\* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.



**Brazilian-style beef with sweet potato salad**  
Recipe, page 21

GF

## Nutrition info

**PER SERVE** 2130kJ, **protein** 43g, **total fat** 13g (sat. fat 3g), **carbs** 46g, **fibre** 14g, **sodium** 103mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

CUT OUT & KEEP





# *living well*

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*Wellness is a  
connection of  
paths:  
knowledge  
and action*

*Joshua Holtz*





# BODY

# TRANSFORMATION



## Keep your goals front of mind

Consider your goals before you start your weight-loss journey. Whether it is getting fitter, improving your diabetes management, fitting into smaller clothes, reducing your medication needs or just having more energy and confidence, it should be something that motivates you and keeps you going on those days when it all seems too hard.



## Consider your options

There are many ways to approach weight loss, from using a commercial weight-loss program to seeing a dietitian for a personalised eating plan to making some basic eating changes on your own. Consider what you are looking for. Do you need a better understanding of what to eat to achieve your particular health and weight goals, portion-controlled meals delivered to your door, someone to exercise with, or the motivation of regular meetings and check-ins? Write a list of the things you feel will help you, and use this to find an option that works for your lifestyle and schedule. ➤

If you have a lot of weight to lose, it's hard to know where to begin. *DL* mag dietitian and diabetes educator, Dr Kate Marsh, discusses the key steps you can take to getting started on your weight-loss journey.

## Think long term

While the latest fad diet might help to drop some kilos in the short term, when you have a lot of weight to lose, the key is finding an eating plan that is sustainable in the long run. Research has shown that people who are successful at losing weight and keeping it off are those who can stick to their eating plan, rather than the composition of the diet itself. So forget about the current diet trends and find an eating plan that meets your nutritional needs, satisfies your taste buds and which you can see yourself sticking to for life.







## health

### Engineer your environment

From the foods you keep at home to where you eat and who you spend time with, setting up your environment to support your weight-loss journey can help. This might include not bringing ultra-processed foods into the house, using smaller plates, eating at the table rather than in front of the television, and finding ways to incorporate more activity into your day. It is also important to surround yourself with people who will support and not sabotage your efforts, so choose to spend time with others who care about your wellbeing and want to see you succeed.

### Build new eating and exercise habits

The key to losing significant amounts of weight and keeping it off is building new habits. Start by considering the habits that might prevent you losing weight and decide which ones you want to focus on. For example, if you regularly buy fast food after a long day at work, consider doing some batch cooking on the weekend so you have a meal ready to eat when you arrive home. Or if you have good intentions to exercise but always change your mind when it comes time to getting out the door, find an exercise buddy who expects you to turn up on time!

### Focus on nutrient density

To lose weight, you need to reduce the number of kilojoules you eat and this can make it harder to meet all of your nutritional needs. When you have a lot of weight to lose, this means eating less over a long period of time, so ensuring you are still getting all the important nutrients you need is essential. You can do this by focusing on nutrient density. This means choosing nutrient-rich foods – those that provide the most nutrients per kilojoule. Examples of nutrient-dense foods include vegetables, fruits, legumes, minimally processed wholegrains, nuts and seeds, fish, seafood, lean meat and poultry and eggs.

### Ditch ultra-processed foods

Ultra-processed foods are associated with being overweight and weight gain, and are easy to overconsume because of their palatability and convenience. The average Australian consumes over 40 per cent of their total energy intake from ultra-processed foods and 60 per cent of packaged foods in our supermarkets are ultra-processed, so there is a good chance that you will find some of these foods in your kitchen cupboards. The best place to start is to fill most of your supermarket trolley with foods that don't require a nutrition label like fresh fruits and vegetables. Then stick to products with a minimal number of ingredients and ingredients that you recognise as food.



### Prepare satiating meals

One of the hardest things about losing weight is feeling hungry. A key part of sticking to your eating plan for the long term is having meals that leave you feeling satisfied and reduce your desire to go looking for more. Make meals filling by combining some lean protein, low GI carbs (particularly minimally processed wholegrains such as barley, freekeh or quinoa) and fibre-rich veggies or salad, along with a small amount of healthy fats from foods like avocado, nuts, seeds or olive oil.

### Prepare for plateaus

Plateaus are an inevitable part of your weight-loss journey and are often the point where things come unstuck. The key is to stay focused on your goal – just continuing your new habits or making slight adjustments is likely to help you break through the plateau and continue to lose weight. The key is not to get discouraged and instead to persist with your new behaviours.







### Consider a kick-start

If seeing some faster initial weight loss will help to provide motivation, consider starting with a more structured, energy-controlled eating plan. You could do this with the support of a dietitian, by signing up to a portion-controlled meal delivery service or trying meal replacement products (such as shakes, bars and soups). The latter should be done under medical supervision, particularly if you are taking medication to manage your diabetes, which might need adjusting. However, with any of these options, they will likely be something you only do for the short term. To make the most of your initial weight-loss success and to avoid regain, getting support to transition to a long-term healthy eating plan is important.

### Don't focus too much on the scales

Remember that losing weight isn't just about the number on the scale. While the scales can be one way to measure your progress, think back to your goals and what is important to you. If your fitness levels have increased, your blood glucose levels improved, your pants are feeling looser or you have more energy to get through the day, you are making progress regardless of what the scales tell you.

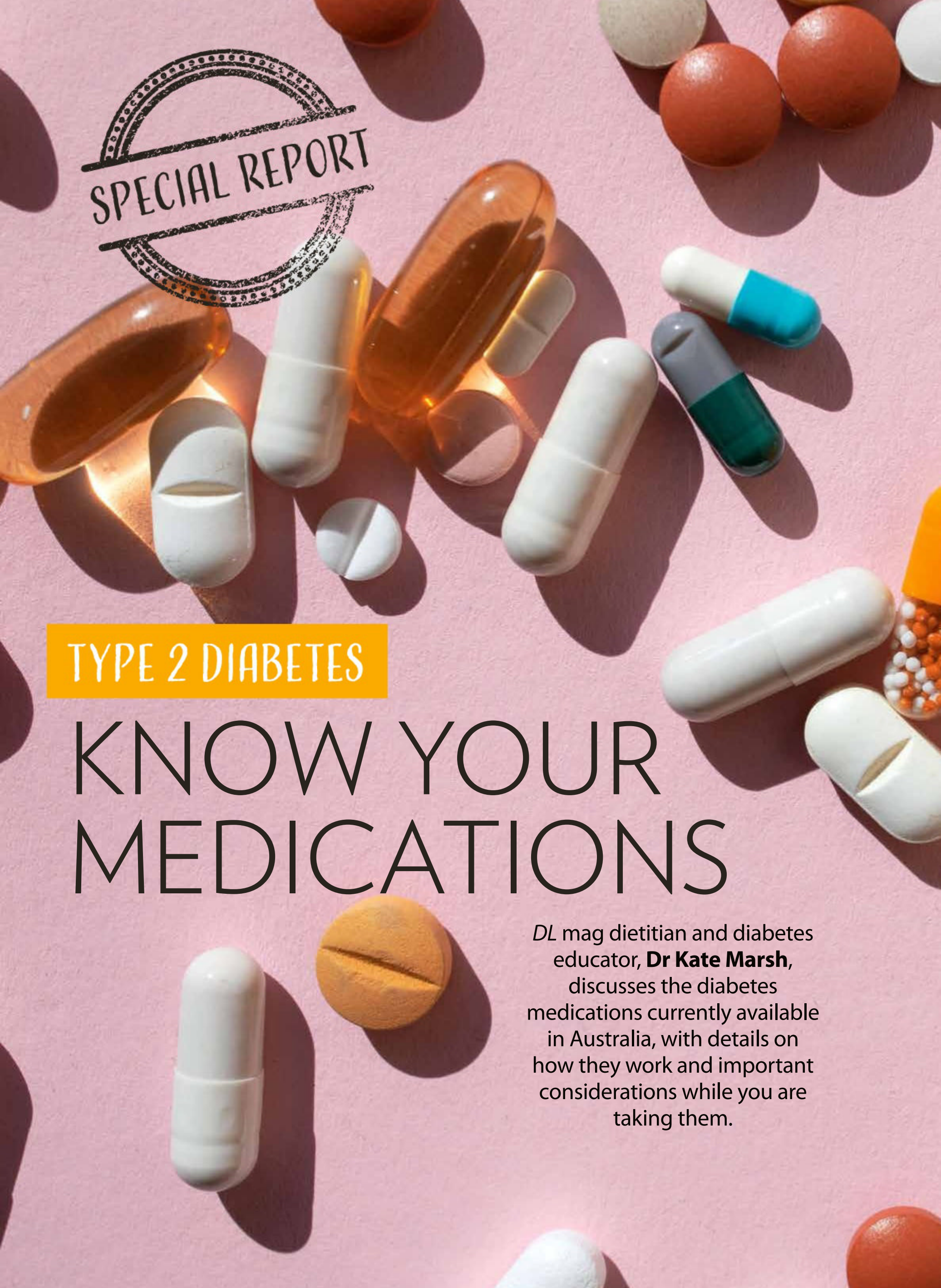
### Prepare for and prevent relapses

When your weight-loss journey is long term, there will be times you get off track and might be tempted to return to old behaviours. The key is learning to anticipate high-risk situations and considering how you will deal with them before they arise. If you do lapse, rather than beating yourself up, treat it as a learning experience and have a plan to get yourself back on track.

### Seek support

Losing weight isn't easy, and research has shown that getting support from others can help. This support can come from your friends, family or health professionals such as your doctor, dietitian, exercise physiologist or psychologist. You might also find support in other people who are trying to lose weight or improve their health, whether they are family or friends, fellow participants in a weight-loss program, or members of online groups and forums. ■





SPECIAL REPORT

TYPE 2 DIABETES

# KNOW YOUR MEDICATIONS

*DL* mag dietitian and diabetes educator, **Dr Kate Marsh**, discusses the diabetes medications currently available in Australia, with details on how they work and important considerations while you are taking them.





A longside lifestyle changes, medications are an important part of managing diabetes. There are many different medications available for treating type 2 diabetes, all of which work in different ways to improve blood glucose levels. Some stimulate your pancreas to release more insulin while others help the insulin you make to work better (by making your cells more sensitive to insulin) and some reduce the amount of glucose your liver makes. Some are taken as tablets and others are injected. You may need more than one type of medication to lower your blood glucose levels, particularly the longer you have diabetes.





## Biguanides

Metformin (brand names include Diabex, Diaformin, Glucohexal, Glucomet and Glucophage) is the only biguanide currently available in Australia. It is usually the first choice of treatment for people with type 2 diabetes. Metformin lowers blood glucose levels by reducing the amount of glucose produced by the liver, slowing down the absorption of glucose from the gut and improving the body's sensitivity to insulin. A slow-release option (metformin XR) is also available.

### Things to know if you are taking this medication:

- Taken on its own, it rarely causes a low blood glucose reaction (hypoglycaemia).
- The most common side effects are digestive upsets including nausea, diarrhoea, loss of appetite and a metallic taste in the mouth. This can be minimised by starting on a small dose and increasing it gradually over a few weeks.
- Taking the tablets with or after your meal can also help to minimise symptoms.
- A rare but serious side effect is lactic acidosis, where lactic acid

builds up in the body resulting in symptoms including nausea, vomiting, stomach pains, difficulties breathing, feeling weak and tired, dizziness, unusual muscle pain and a slow heartbeat. This complication usually occurs in those who are older or who have kidney, heart or liver problems (it is generally not recommended in this case). Drinking excessive amounts of alcohol while taking metformin can also increase the risk. If you have any of these symptoms while taking metformin, it is important to seek urgent medical attention.



## Sulfonylureas

Sulfonylureas have been around since the 1950s and work by helping to stimulate the production of insulin by the pancreas. They are usually prescribed for people with type 2 diabetes combined with metformin, if metformin is no longer effective in managing glucose levels on its own. However it may be used alone in those who cannot tolerate metformin. There are several classes of sulfonylureas available in Australia, including glibenclamide (Daonil), gliclazide (Diamicron), glimepiride (Amaryl, Dimirel) and glipizide (Minidiab). A slow-release option (gliclazide MR) is also available.

### Things to know if you are taking this medication:

- They increase the risk of hypoglycaemia (where the blood glucose level drops too low). You can reduce the risk by eating a regular intake of carbohydrate foods over the day, avoiding missed meals and having an extra carbohydrate snack if you are more active than usual.
- They may cause weight gain, but this can be minimised by optimising your diet and exercise when you start this medication.
- Other possible side effects include skin rashes and digestive upsets, although these are not common.
- Drinking alcohol with this medication can increase the risk of hypoglycaemia – drinking in moderation and with a meal rather than on an empty stomach can reduce the risk of this occurring.
- They should be taken with or just before a meal to reduce the risk of hypoglycaemia.

## Sodium-glucose cotransporter-2 (SGLT2) inhibitors

These medications work on kidneys to increase the loss of glucose in the urine, lowering blood glucose levels. There are three classes of SGLT2 inhibitors available in Australia, including dapagliflozin (Forxiga), empagliflozin (Jardiance) and ertugliflozin (Steglatro).

### Things to know if you are taking this medication:

- Side effects include genitourinary infections (such as urinary tract infections), dehydration and dizziness.
- They can be taken with or without food.
- They can cause a condition called diabetic ketoacidosis (DKA), even when blood glucose levels are normal. This is a condition which usually only occurs in people with type 1 diabetes and is a medical emergency and requires immediate treatment. DKA seems to occur in some people with type 2 diabetes taking SGLT2 inhibitors when they are fasting/restricting food intake (including in preparation for surgery) or have significant vomiting or diarrhoea. In these cases, the medication should be stopped temporarily.

## STARTING MEDICATION – WHAT TO EXPECT

**When prescribing medication, your doctor should consider several different factors to decide which medication would be best for you, including:**

- Your current blood glucose levels.
- Interactions with other medications you are taking.
- Other health conditions you might have, including kidney, liver or heart disease – in these cases some medications may not be suitable while others may provide additional benefit.
- Potential side effects.
- The availability of the medication through the Pharmaceutical Benefits Scheme (PBS) – some diabetes medications are only available through the PBS (meaning that the cost is subsidised by the government) if used in combination with other diabetes medications.

When starting a new medication, your doctor should explain why you are taking the medication, how it works, when to take it and if precautions should be taken or any side effects. They should also discuss follow-up appointments, blood glucose levels checks, side effects, and whether your dose needs to be changed to a different type of diabetes medication.



## Dipeptidyl peptidase-4 (DPP-4) inhibitors

These medications increase the body's ability to lower blood glucose levels when they are elevated. They do this by increasing the levels of hormones that increase the production and release of insulin from the pancreas and reduce the production of glucose by the liver. There are several classes of DPP-4 inhibitors available in Australia, including alogliptin (Nesina), linagliptin (Trajenta), saxagliptin (Onglyza), sitagliptin (Januvia) and vildagliptin (Galvus).

### Things to know if you are taking this medication:

- Because they only work when blood glucose levels are raised, these medications are unlikely to cause hypoglycaemia on their own but may do so if taken with a sulphonylurea or insulin.
- Side effects can include a runny nose, sore throat, cough, discomfort when swallowing, headache and nausea or stomach upsets.
- They are taken once per day and can be taken with or without food, but should be taken around the same time each day.

### Questions to ask when starting a new medication

#### When to take it

Does it need to be taken before, with or after food, and/or at a certain time of the day?

#### How much to take

How many tablets or what dose of injectable medications?

#### How to take it

Can tablets be crushed or split, or do they need to be swallowed whole?

#### What if you forget to take it?

Can you still take it when you remember, or should you wait until the next dose?

The **common side effects** and what to do if you experience these.

#### What to do on sick days

Should you continue your medication if you are unwell, or do you need to stop taking it temporarily or adjust the dose?

#### How to store it

Does it need to be kept in the fridge, or at room temperature?

Whether the medication can cause low blood glucose levels (hypoglycaemia) and if so, how to treat a hypo.

Whether you can take it along with other medications or supplements you are on.





### Thiazolidinediones (TZDs)

There is only one type of TZD currently available in Australia, called pioglitazone (Actos). This medication works by improving insulin sensitivity so that your body's own insulin can work better.

#### Things to know if you are taking this medication:

- Taken alone, it rarely causes a low blood glucose reaction (hypoglycaemia).
- It may cause fluid retention and for this reason, is not recommended in people with heart failure.
- Your doctor should monitor your liver function while taking this medication and you should not take it if you have liver disease.
- This medication acts slowly and it may take 6-8 weeks to see the full effect on blood glucose levels.
- It is taken once per day, at the same time of the day, with or without food.

### Alpha-glucosidase inhibitors

Acarbose (brand name Glucobay) is the only alpha-glucosidase inhibitor currently available in Australia. This medication works by interfering with the digestive enzymes needed to break down carbohydrate foods, slowing down the digestion and absorption of glucose from the gut. In doing this, they reduce the rise in blood glucose levels that occur after a meal.

#### Things to know if you are taking this medication:

- The most common side effect of this medication is digestive upsets including wind, bloating, stomach pain and diarrhoea. This can be reduced by starting on a small dose and increasing it gradually.
- Side effects can also be reduced by limiting the intake of foods containing ordinary sugar and avoiding excessive intakes of carbohydrate foods.
- This medication doesn't cause hypoglycemia on its own but if you are taking other diabetes medications that can cause hypoglycemia (such as insulin or sulphonylureas) it is important not to treat hypos with ordinary sugar (sucrose) as it will not work quickly enough – always use glucose (available in tablets, powder or gel from your chemist and some supermarkets).
- The medication needs to be taken immediately before your meal or with the first few mouthfuls to work effectively.

### Glucagon-like peptide-1 (GLP-1) receptor agonists

GLP-1 agonists work by mimicking the effects of the body's own incretin hormones, which help to manage blood glucose levels after meals. They do this by stimulating the pancreas to release more insulin, reducing the release of glucose from the liver, slowing down the digestion of food and increasing the feeling of fullness after eating. Unlike other medications for type 2 diabetes, which are in tablet form, GLP-1 agonists are taken by injection. There are several classes of DPP-4 inhibitors available in Australia, including exenatide (Byetta and Bydureon), liraglutide (Victoza), dulaglutide (Trulicity), semaglutide (Ozempic) and lixisenatide (Lyxumia).

#### Things to know if you are taking this medication:

- These medications don't usually cause hypoglycaemia but can if taken along with a sulphonylurea or insulin.
- They can cause digestive upsets including nausea, vomiting and diarrhoea.
- They usually lead to weight loss.
- Injections are given in the stomach, buttocks, thigh or upper arms, just under the skin.
- They come in a pre-filled pen which delivers pre-set doses, and with some you start at a smaller dose and gradually increase to a larger dose.
- Depending on which medication you take, they may be injected once or twice a day, or once per week.
- As they slow down stomach emptying, they can affect the absorption of other medications.
- They can increase the risk of developing pancreatitis.



## Insulin

While insulin is the only treatment for type 1 diabetes, many people with type 2 diabetes also require insulin, particularly after they have had diabetes for many years. In fact, in June 2021, almost one in four Australians with type 2 diabetes were injecting insulin and people with type 2 diabetes made up around two-thirds of all Australians with diabetes requiring insulin. If you need insulin to manage your diabetes, this doesn't mean that you now have type 1 diabetes, but that your body isn't able to produce enough of its own insulin to manage blood glucose levels, so you have insulin-requiring type 2 diabetes.

Like other medications, there are different types of insulin. This includes basal or long-acting insulins which are injected once or twice a day (usually in the morning and/or evening), and rapid-acting insulins which are taken with a meal. There are also mixed insulins, which include fixed amounts of rapid- and longer-acting insulin. Each person with diabetes has different insulin needs so your doctor will work out the right type and dose of insulin for you, and it will likely need adjusting over time. The main side effect of insulin is hypoglycaemia, so understanding how your insulin works, when to take it and how to balance insulin with food is essential. You will also need to learn how to inject insulin safely – your doctor will usually refer you to a credentialed diabetes educator for education on starting insulin.



## Combination medications

*There are now a wide range of medications available that combine two different medications into a single tablet. These may be prescribed as an alternative to taking these medications separately. They include:*

### Glucovance

A combination of glibenclamide (a sulfonylurea) and metformin.

### Janumet

A combination of sitagliptin (Januvia) and metformin.

### Xigduo

A combination of dapagliflozin (Forxiga) and metformin.

### Trajentamet

A combination of linagliptin (Trajenta) and metformin.

### Segluromet

A combination of ertugliflozin (Steglatro) and metformin.

Side effects and precautions for these meds are like those of the single medications described above.



**1 IN 4**

**In June 2021,  
almost one in four  
Australians with  
type 2 diabetes were  
injecting insulin.**

## MEDS MATTER

Studies have shown that many people with diabetes don't take their medication regularly. A review of 15 studies assessing adherence with oral diabetes medications found that between 7 per cent and 67 per cent of people with diabetes didn't regularly take their diabetes medication. Another review found that less than 60 per cent of those prescribed oral diabetes medications took these at least 80 per cent of the time. This is a concern, as this research has also found that those who don't take their medication as prescribed have higher blood glucose levels and are at greater risk of hospitalisation and death.

There are many reasons you may not take your medication, including having too many medications, forgetting to take them, problems with the timing of your medications, cost, side effects or not understanding why you take them. If you are having trouble taking your medications regularly, speak to your doctor, pharmacist or credentialed diabetes educator. They can address your issues and come up with a plan to help you take your medications.

### The Diabetes MedsChek

The Diabetes MedsChek is a service conducted by a pharmacist within your local pharmacy. It includes a review of your medications, focused on your diabetes education and self-management, to help you to understand your diabetes medications, make the best use of blood glucose monitoring devices, improve your blood glucose management and reduce your risk of diabetes-related complications. If you think you would benefit from this service, speak to your GP about whether you are eligible and how to organise a referral.







# 10 TOP TIPS FOR MANAGING YOUR MEDS



## PILL TALK

**Dosey Wellness Wallet (\$49.95) contains two larger pouches for non-daily pills and powders and a large zip pocket for additional items (medical scripts, health-related items). [dosey.co](http://dosey.co)**

**1** Be informed and follow the instructions provided by your doctor or pharmacist. Know what each of your medications is for, how and when you should take it, and how it should be stored. Ask for a copy of the Consumer Medicine Information (CMI) for your medication.

**2** Keep a list of all of your medications, including their name, strength and dosage, when you take it and the reason for taking it. Take this with you when you visit any health professionals. Include details of non-prescription (over-the-counter) medications and vitamin, mineral and herbal supplements.

**3** Always check with your doctor or pharmacist before taking any non-prescription medications or supplements. Ask if it is safe to combine them with your current medications.

**4** Remember that different medications may have similar names, so always check each medication carefully before taking them.

**5** If you develop side effects, speak to your doctor rather than stopping your medications. There may be things you can do to reduce side effects or you may need to change to a different medication.

**6** If you are taking a lot of medications, it's easy to forget a dose, get the timing wrong, or to take the wrong medication or dose. A dosette box or Webster-pak can help, or try recording each time you take a medication in a diabetes record book or on a calendar or diary.

**7** Keep track of your scripts, repeats and expiry dates and schedule an appointment with your doctor for a new script well before you run out of medication.

**8** Review your medications regularly with your doctor. It is recommended that you do this at least once per year as part of your diabetes annual cycle of care (a series of health checks your GP can do to help you manage your diabetes).

**9** If you are monitoring your blood glucose levels and notice your readings are regularly above your target range, make an appointment with your doctor, as this may signal the need for a change in medication.

**10** If you are taking multiple medications to manage your diabetes and other health issues consider talking to your doctor about whether you are eligible for and would benefit from a Home Medicines Review (HMR), MedsChek or Diabetes MedsChek. These are Medicare-funded programs designed to help people living at home to maximise the benefits of their medications and prevent medication-related problems.

## WHAT IS CMI?

Consumer Medicine Information (CMI) is provided by pharmaceutical manufacturers to help you better understand the medicines you take. You can ask your doctor or pharmacist to provide the CMI when they prescribe or dispense your medications.

*The CMI provides easy-to-understand information about how to use your medicine, by explaining:*

- ▶ Name of the medicine.
- ▶ Names of the active and inactive ingredients.
- ▶ Dosage of the medicine.
- ▶ What the medicine is used for and how it works.
- ▶ Warnings and precautions, such as when the medicine should not be taken.
- ▶ Interactions the medicine might have with food or other medicines.
- ▶ Side effects.
- ▶ What to do in case of an overdose.
- ▶ How to store the medicine properly.

Reading the CMI does not replace talking to your doctor or pharmacist. If you have any questions or concerns about your medicine, discuss them with your healthcare professional. CMIs for all medicines are available directly from your doctor or pharmacist. You can also download the latest CMI for your medications from the TGA website: [tga.gov.au/consumer-medicines-information-cmi#availability](http://tga.gov.au/consumer-medicines-information-cmi#availability) or the NPS MedicineWise website: [nps.org.au/medicine-finder](http://nps.org.au/medicine-finder) ■



TYPE  
2

# DIABETES REMISSION



On the back of a TV show that was filmed in Australia and hit screens in October last year, remission in type 2 diabetes is a hot topic. But how realistic is it?

Does the research stack up?

And what are we yet to learn about who it works for?





Dr Michael Mosley tackled type 2 in his SBS documentary, *Australia's Health Revolution*.

## THE STORY SO FAR

**From putting intermittent fasting on the map with the 5:2 diet to appearing on TV screens in shows like *Trust Me, I'm a Doctor* and *Is Your Brain Male or Female?*, Dr Michael Mosley is a familiar face to many. And last year, he was back, co-hosting *Australia's Health Revolution*, a three-part SBS documentary series designed not just to expose type 2 diabetes as the nation's fastest growing chronic disease, but to shine a light on the concept and possibility of reversing type 2 with diet and lifestyle adjustments. Enlisting eight everyday Australians from diverse backgrounds living with type 2 diabetes to go along for the ride, the series helped many of them achieve some impressive short-term results.**

For Mosley, it was a particularly personal project. Losing his father to complications of type 2 diabetes, he was diagnosed with the disease himself in 2012. "And I managed to reverse my own diabetes by losing 9kg," he told us from his home in the UK, when we spoke to him soon after *Australia's Health Revolution* had aired. "I'm very lucky that I had the opportunity to do that and since then, it's been something I've been incredibly interested and invested in."

His cause got a shot in the arm when the results of the DiRECT study were published in 2018. Among participants living with type 2 diabetes who followed a very low energy weight-loss diet consisting of no more than 3300 kilojoules a day before entering a weight-maintenance phase,\* at the 12-month mark 46 per cent of them were in remission. In 2020, the results of different research, the DIADEM-1 study, showed that 61 per cent of people who'd followed the same

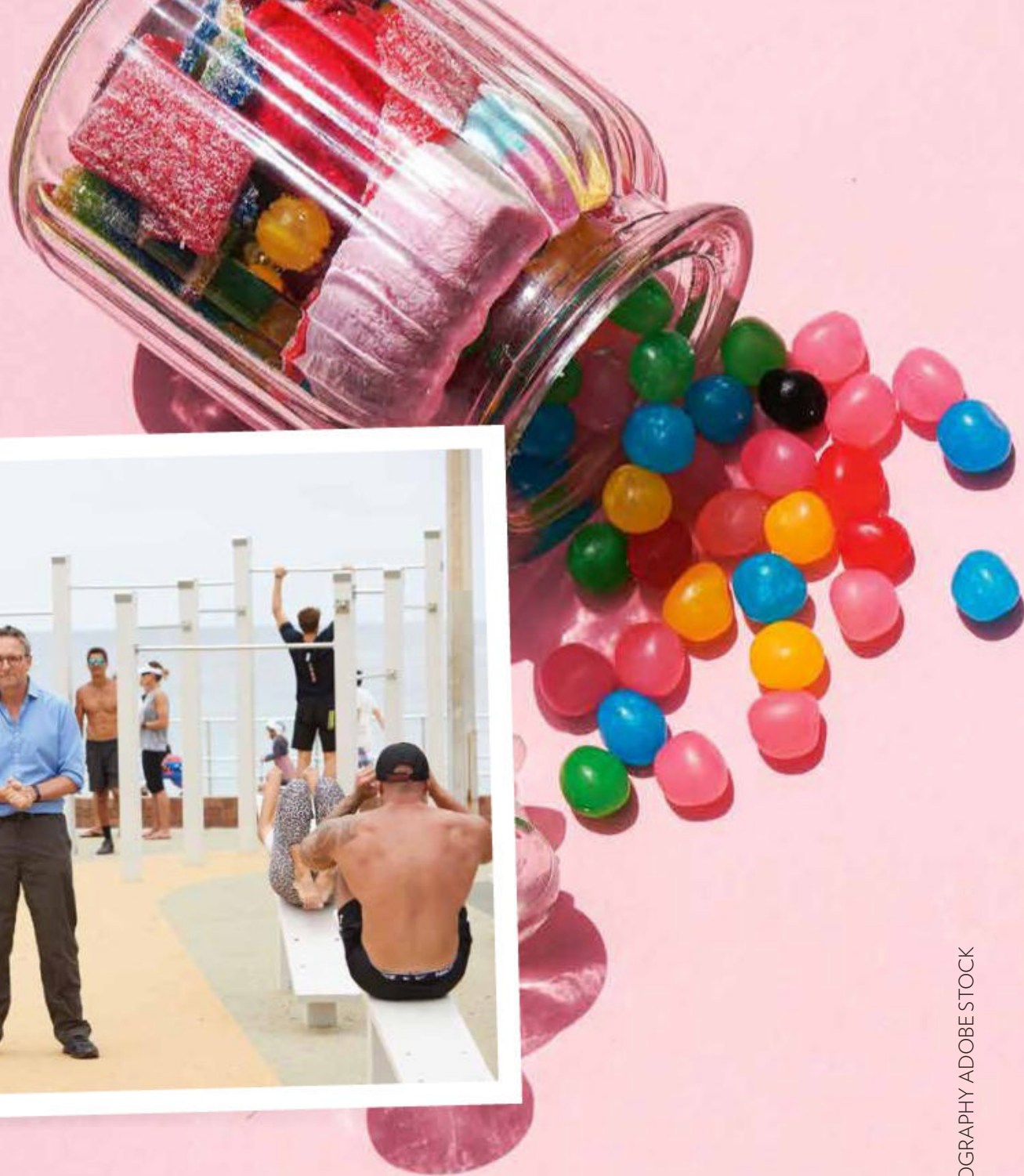
dietary advice were in remission after one year.

"That study was done in younger people who'd had diabetes for less time, which probably explains the higher success rate than the first study, because broadly speaking, if you've had diabetes for less than five years, you're more likely to be successful in achieving remission than if you've had it for longer."

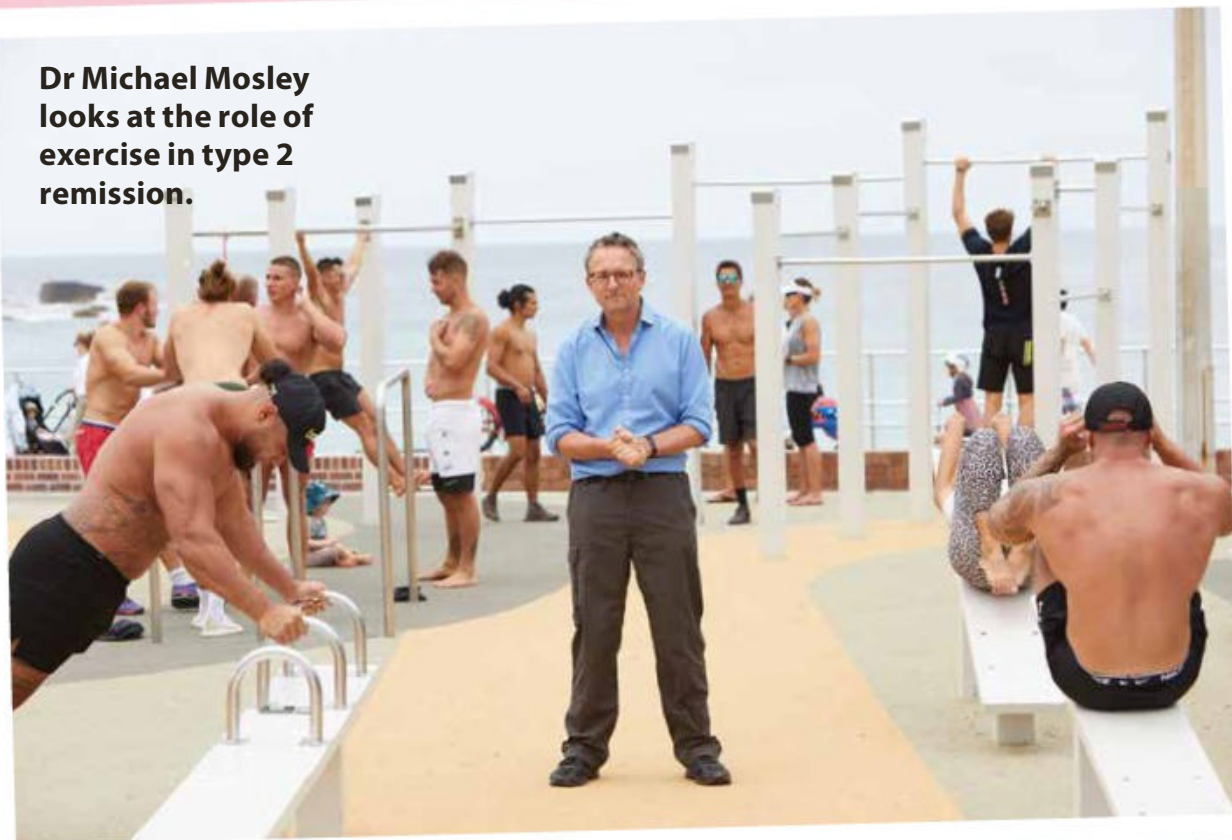
Regardless, Mosley says research has played a critical role in changing attitudes and approaches in UK's type 2 diabetes space. "In the UK, the only reason things have moved in the right direction is because Diabetes UK funded the DiRECT trial. It cost about \$10 million or thereabouts and they put the money up. The government wasn't going to do it. Nobody else was going to do it. And without studies, doctors aren't going to change their minds. But although the studies have been out there for a while, this is still quite a radical idea so I'm not surprised that many countries are only just beginning to embrace it." ➤







**Dr Michael Mosley looks at the role of exercise in type 2 remission.**



## A change in the Australian narrative

**A**s well as seeing *Australia's Health Revolution* hit TV screens around the nation, October 2021 also saw the release of a position statement by Diabetes Australia about type 2 diabetes remission.

The absence of official advice or information around remission was something Mosley tackled Diabetes Australia about on the show. "All power to them," he says. "They have changed their message and they've put out a very reasonable position statement. And they're one of the groups that's actually funding and supporting research, which is absolutely critical."

Professor Greg Johnson, who recently stepped down as CEO of Diabetes Australia after more than a decade at the helm, says the

timing around the release of the position statement was a decision based on the existence of sufficient published evidence, rather than as a reaction to Mosley's comments or any individual's opinions.

"As a national organisation, we have to be focused on good-quality evidence rather than over-simplified strategies," he says. "We're committed to providing the best, balanced information and evidence-based advice to people with diabetes and the community at large. We've been watching this space develop for some time and in the 12 months since that TV show was filmed, bearing in mind I was interviewed for the program in late 2020, we felt there was sufficient information to warrant us coming out with a statement, and that's what we did. In releasing any

position statement, our approach at Diabetes Australia has always been to do it after careful consideration, at the right time and when there's a need."

And while *Australia's Health Revolution* talks about 'reversal', Diabetes Australia talks about 'remission'. "We think that's the best word to describe what we're talking about here," says Johnson. "We're not suggesting that this is a cure, because the evidence to suggest that lifestyle changes and weight loss can reverse the underlying metabolic disturbances that lead to diabetes just doesn't exist at the moment. So it's really important for people to understand that even if they achieve remission of type 2, that doesn't mean their metabolic risk is gone."





## Providing hope not hype

**E**ven with the existence of quality evidence showing that, with lifestyle change and losing 10-15 per cent of body weight, it's possible for some people with type 2 to reduce their average glucose level to achieve an HbA1c of under 6.5 per cent and sustain that for a period of time, the key word is 'some'.

Based on current research, it seems likely that less than half of all people with type 2 who attempt remission through intensive dietary changes will achieve it at one year, and only a third sustain it over two years.

That's not to say it's not worth trying, but Johnson stresses it's

vital to be realistic. "It's important to remember that type 2 is a serious and complex metabolic condition," he says. "The good news is some people really can very successfully manage their type 2 with this approach, and certainly we know that lifestyle interventions can prevent around 60 per cent of people with pre-diabetes from developing type 2. But unfortunately for many people in Australia already living with type 2, remission won't be possible."

On top of factors including how long someone's had diabetes, HbA1c levels when remission is attempted and whether or not insulin is being used, Johnson says the fact that there's a lot of 'genetic

code' involved in type 2 plays a role, too. "People often think that while type 1 is genetic, type 2 is all or only about lifestyle, and that's just wrong. We know that some populations are more predisposed to developing type 2 diabetes, for example people of Chinese or South Asian origin, Pacific Islanders and indeed Aboriginal and Torres Strait Islanders have a greater risk of developing type 2 because of genetics. So that creates enormous variability and means there's no one-size-fits-all solution or diet that will lead to remission for everyone." As such, Diabetes Australia is supporting the DiRECT Australia Study in NSW, to see if the UK's DiRECT study results can be replicated in Australia.

"We need to be mindful of not setting people up for failure," says Johnson, "because we don't want to add to the psychological burden that many people living with type 2 feel due to being discriminated against, and blamed and shamed for developing diabetes. If we tell them they can put their type 2 into remission if they just do 'this' and it doesn't work, that's potentially really damaging."

And it's counterproductive because even without remission, the benefits of a reduction in HbA1c that lifestyle changes and weight loss can trigger, are great due to how it can reduce the risk of diabetes-related complications.

"For decades, Diabetes Australia's advice has been that the starting point for treatment of type 2 is a change in diet, a change in physical activity and changing weight where that's possible," says Johnson. "And that remains the same, today. The concept of remission is simply a more intensive approach to that." ■



## The starting point for treatment of type 2 is a change in diet, a change in physical activity and weight

*\*People with type 2 who want to attempt diabetes remission need to do so in consultation with their diabetes healthcare team, as intensive dietary and weight changes need careful management, monitoring and support.*









Do the demands of managing diabetes cause you to clash with your loved ones? Here's how to stay close and connected

# Relative CALM

**W**ouldn't it be a relief if you and your loved ones could take a three-month holiday from diabetes? Time out from being watched over – or watching over – to make sure everything is under control. No fussing, nagging or tension about

someone overdoing their dessert portion or skipping their bedtime BGL test. You'd all return from your sabbatical feeling refreshed and reconnected.

After all, when a person has diabetes it often feels like the entire family has been diagnosed as well. The demands of managing the condition add extra

pressure and tension to the usual day-to-day niggles and commitments we all face.

Carrying this load can lead couples to pull in opposite directions or parents and kids to butt heads. You can help restore balance and harmony by addressing the issues that may tip your relationship into conflict.



### **TIPPING POINT #1**

## Feeling under siege

Okay, so maybe you've let your exercise routine slip, been slack with your medication and, after dinner, a few squares of chocolate have turned into half a block. But your partner or parent didn't need to come on so strong about how you are not taking responsibility and don't care about anyone else.

Now, you're angry and not listening so you fail to see that their nagging is just a concerned call to action and an attempt to motivate you into taking better care of yourself.

The upshot? Everyone feels angry and alienated. You feel criticised

and treated like a child. Your partner or parent feels unappreciated in their efforts to be supportive.

They can't help but worry about your wellbeing – don't forget that. If your health goes downhill, it affects their quality of life as well.

"If you constantly engage in these power struggles, you both risk feeling undervalued or unloved," explains Anne Hollonds, formerly of Relationships Australia. "These feelings are then usually expressed as blame. If they build up over time, they can cause frustration, coldness and distance in the relationship."

### **How to restore the balance**

#### **If you're the one WITH diabetes**

##### **Don't spit the dummy**

Imagine how much more lonely, burdened and hurt you'd feel if your family didn't care about your diabetes at all. Remind yourself that they do have your welfare at heart.

##### **Take a reality check**

Ask yourself if your partner or parent is right. Are you dropping the ball with your diabetes management? If you are, try to view their words as a wake-up call and see your diabetes team to get you back on track. Remember that it's your loved ones who often shoulder the burden of care if your health goes off the rails.

#### **If you're the one WITHOUT diabetes**

##### **Hold your tongue**

"If you nag, your partner or child is far more likely to ignore your complaints, rather than address them, or yell at you while justifying themselves against your accusations," says Hollonds. "So instead of solving the problem, you may end up feeling more distanced and upset, and they may do even less about the issue to prove they won't be pushed."

##### **Adopt good habits**

Instead of just pointing the finger, maybe you could cut back on the wine and the crisps yourself. Or, perhaps get off the couch to do more exercise so you are quietly supporting a healthy lifestyle in your household.







WORDS STEPHANIE OSFIELD; PHOTOGRAPHY GETTY IMAGES, ISTOCKPHOTO

## **TIPPING POINT #1**

### Playing health coach

Tired of your partner or parent constantly weighing in about your diabetes management? Then you may feel you're being suffocated, disrespected or treated like a two-year-old, and even slip into childlike behaviours in response.

Are you fed up with feeling you're constantly on the case, nagging your loved one to take care of their diabetes? Then you probably feel weighed down by your responsibility to support them, driven by an enormous fear that

they will let things slide and may then really damage their health.

It's not surprising that you may experience feelings of anger if your partner, who has type 2 diabetes, routinely heads to the pub after work or makes a habit of eating junk food and lollies. Or, if your child has diabetes, you may feel as though you can't be relaxed and happy if they're eating things they shouldn't be while having a sleepover at a friend's house, or you suspect they're out drinking.

## **How to restore the balance**

### **If you're the one WITH diabetes**

#### **Ask for help**

"Explain that being criticised makes you feel more overwhelmed," says Angie Middlehurst, Paediatric Diabetes Manager and Diabetes Educator for the Australian Diabetes Council. "Point out it would help to support you in practical ways, like becoming your exercise buddy or not bringing home jam doughnuts."

#### **See your health team together**

Take your partner or parent to your appointments with your doctor and diabetes educator. "The more informed they are, the less panic there will be," says Middlehurst. Write a management plan so the family is clear on their roles in managing your diabetes.

### **If you're the one WITHOUT diabetes** **Avoid absolutes**

Saying things like, "You never take responsibility" is not helpful. Instead, discuss how you feel when your loved one struggles with management.

"Express your worries as concern and remain sensitive and empathetic, then your loved one won't feel put down and they'll be more likely to listen," says Hollonds.

#### **Give them space**

Your partner or child shouldn't feel pressure to report on their last BGL check or lunch. This approach can turn a one-off soft drink into a big thing, which is not helpful.



## TIPPING POINT #3

### Expecting perfection

Being too rigid about lifestyle can lead a person with diabetes to feel that their condition has completely stolen their life. The depression that can result from this may lead them to throw in the towel and rebel by binge eating or refusing to

do the essentials, such as taking medication or injecting insulin, to keep themselves well. This is why it's best to try to lighten up about the condition so it doesn't weigh the whole family down.

## How to restore the balance

### If you're the one **WITH** diabetes

#### Talk it over

Agree with your partner or parent that if they don't act like your food police or personal trainer, you'll keep them in the loop. "By reassuring those close to you about what you did today to look after your condition, they will have less cause to worry," says diabetes educator Middlehurst.

#### Set boundaries

"Ask them to respect some rules about your diabetes," suggests Middlehurst. This may include not discussing your condition or how you manage it with others. Or, that they don't monitor your weight or BGLs.

### If you're the one **WITHOUT** diabetes

#### Lighten up

Don't focus on your child's or partner's lapses in management; acknowledge that it's okay for them to let their hair down sometimes. "Meanwhile, point out all the things they're doing each day to help themselves stay well," says Middlehurst.

#### Be understanding

Validate their feelings with remarks like, "I can see it must be very frustrating for you." This kind of active listening will help them feel more supported because they realise you understand the complexities and pressure they face in managing their condition," says Hollonds.





# Get up close and personal

**It's easy for diabetes to become the focus of your discussions and time together. The following tips will help you foster more quality time and intimacy in your relationships.**

## **WITH your partner**

### **Be active together**

Go bushwalking, join a dance class, or play a sport that you both enjoy, for instance, lawn bowls or tennis.

### **Share special moments**

Take a leisurely stroll to the nicest lookout point near your home and watch the sunset together.

### **Turn off the TV**

Talk about your day, how you feel, your goals or something funny you read earlier – anything, just as long as you're reinforcing the communication habit.

### **Join forces**

Build intimacy by choosing a film that appeals to both of you, join a book club, tackle a daily crossword together or play Scrabble.

### **Get cosy**

Push two armchairs together and give each other a foot massage.

### **Gather in the kitchen**

Cook healthy meals together – this is a great opportunity to spend time with each other at the end of each day.

## **WITH your child**

### **Go stargazing**

Pack an evening picnic, then eat under the stars and challenge your kids to identify different planets and constellations.

### **Enjoy a movie night**

Stream a movie or documentary about the planets, volcanoes, wildlife or sea creatures. Afterwards, chat about what you liked.

### **Head out for some fun**

Don't just go for a walk – try ice-skating, swimming, indoor rock climbing or playing squash. You could take younger kids to large activity centres. Invest in staples such as a cricket set, portable table-tennis set, basketball ring, soccer ball and volleyball net. Head outdoors as a family to enjoy them, and the health of the entire family will benefit.

### **Remember good times**

Look back through your old photos or videos – children love to hear about their cute and funny antics.

### **Have a dance-off**

Ask your teens to teach you how to dance to their favourite music, then teach them a dance you know, like the bus stop or the twist. You'll all be in stitches. ■









# HOW WILL YOU PLAY THE **SOCCIAL** SEASON?

Follow these top 10 health tips and be  
one happy little party-goer!

**T**here's always a reason to celebrate. Christmas, New Year, Australia Day, Easter, Valentine's Day... not to mention birthdays, engagements and weddings. Each gives us an excuse to break routine and join in the inevitable food and drink fest.

It's easy to view each occasion as an isolated event and adopt a 'just this once' attitude. But when you look at your calendar,

you can sometimes find you're more often in party mode than not... and, suddenly, it's a lifestyle where the social rollercoaster is overruling your health needs.

Being healthy isn't about being good and sticking to a diet. It's about adopting a lifestyle that enables you to moderate your behaviour and manage everyday temptations so you can pick and choose your pleasures without

feeling the sense of deprivation that can lead to blowouts and bingeing.

Sure, there are times when we might have a glass too many or enjoy an extra helping of dessert, but it's all about making informed choices – knowing the consequences of our actions and behaving accordingly.

A healthy lifestyle isn't black and white, it's about existing somewhere in the shades of grey.



## management

### 1 You're celebrating a friend's long-awaited promotion over drinks and dinner...

**PERHAPS YOU** share a bottle of bubbly before dinner and then, feeling light-headed, devour a three-course meal with bread and yet more wine. Result? You've blown your daily kilojoule count and your BGLs are anybody's guess. Not knowing exactly what you've consumed, you could be in line for either a night-time hypo or sky-high BGLs.

**TRY** Enjoy a glass or even two with your meal, but skip the starter and share a dessert. Congrats – great balance and portion control. Result? Moderating your intake of food and drink allows you to indulge without feeling that you've either missed out or overdone it.

### 2 You're heading to a party where there will be lots of drink and finger food...

**PERHAPS YOU** skip lunch so you have extra kilojoules up your sleeve. Result? You arrive at the party tired and hungry and grab whatever's on offer, use alcohol to pick yourself up and, feeling under the weather, binge on carbs before bed. Next morning, your BGLs are high and you feel tired and strung out by self-loathing.

**TRY** Stick to your normal meal plan before you go out. Eat lunch, then have a light mid-afternoon snack, such as an apple and some nuts. Result? You'll have the mindset to choose the right canapés and to alternate alcoholic drinks with water or diet soft drink. You'll wake with perfect BGLs in the morning and be bright-eyed for the day ahead.

### 3 You've volunteered to bring a dessert to a family barbecue...

**PERHAPS YOU** make a giant, creamy pavlova with all the trimmings because you know it's a family favourite. Result? You eat it and your BGLs rocket, or you resist it and feel deprived.

**TRY** Follow a *Diabetic Living* recipe that calls for sweetener and a creamy low-fat yoghurt with fruit instead of heaps of sugar and cream (or, if sugar is essential, possibly low-GI sugar or a sweetener). Result? Because you've made a pav packed with vitamins and minerals, you can tuck in – while basking in the compliments as grateful guests offer their thanks for providing a healthy dessert option.

### 4 You're feeling guilty for eating and drinking everything in sight at last night's bash...

**PERHAPS YOU** tell yourself the season is already a write-off so you may as well party at full throttle until the festivities are over. Result? Your BGLs quickly go out of whack, so you're too tired and moody to go out. Instead, you languish at home, brooding over the kilos you've put on.

**TRY** Accept that we all have the odd blowout and that it's forgivable as long as you jump right back on the healthy-eating wagon the next day to get your BGLs on track. Result? One minor detour proves much easier to correct than a fully fledged binge.

### 5 Work's been chaotic, you missed lunch and now you've hit the supermarket to grab some easy dinner...

**PERHAPS YOU** begin trawling the biscuit aisle, nursing low BGLs and leaving a trail of Tim Tam crumbs in your wake. Result? Your BGLs spike, only to come crashing down an hour later. This leaves you feeling even more tired, irritable and vulnerable to overeating.

**TRY** Plan ahead. Shop on your day off with a list that caters for all your meals for the week ahead. Schedule time for food and eat mindfully where possible. Result? This will connect you with your hunger signals while stabilising your BGLs with balanced, healthy meals.

### 6 You arrive on time at a brunch/lunch only to find food won't be served for hours...

**PERHAPS YOU** keep your BGLs on track with a few beers and some chips with a sour-cream dip. Result? The alcohol sharpens your appetite and you've used up your mealtime carbs. This means you need more medication before you can eat – on top of the kilojoules you've already consumed.

**TRY** Pace yourself with the emergency trail mix and the low-joule soft drink you've brought along just in case. Result? When the meal is finally served, you're good to go – your BGLs are perfect and your appetite is curbed so you won't overeat.



## 7 You're attending a wedding in four weeks and there's no way you can fit into your outfit...

**PERHAPS YOU** Go online and Google 'fast weight loss'. Result? You end up putting back any kilos you lost and suffer BGL swings into the bargain. Forget the fads – there's no silver-bullet solution.

**TRY** Cut back on portion sizes and increase the amount of exercise you're doing. Result? Making subtle lifestyle changes won't upset your diabetes, and you'll manage to lose a couple of kilos and keep them off.

## 8 You had a few too many last night (it happens) and, this morning, you're feeling a little on the dusty side...

**PERHAPS YOU** kick off with a super-strong black coffee and skip breakfast. Result? Alcohol in your system means your BGLs are low. By midmorning, the caffeine has dispersed, so you're feeling tired and craving fat and sugar, causing a BGL rebound.

**TRY** Drink a couple of glasses of water followed by a bowl of low-GI porridge topped with fruit and yoghurt. Result? Your BGLs are soon back to normal and a prolonged energy intake staves off midmorning hunger pangs.

## 9 You've been invited to a colleague's wedding with a set menu that makes no allowances for special dietary needs...

**PERHAPS YOU** white-knuckle it and hope that your BGLs can survive. Result? Your worries about how the food will affect your blood sugar ruin what should be a fun, celebratory event.

**TRY** Have a conversation with your colleague as soon as you receive the invitation. Result? Your host will soon realise that you might not be their only guest with dietary requirements, so he or she can ask the caterers to offer some alternative options.

## 10 Your new neighbours ask you over for dinner. You've already been out three times this week and are feeling exhausted...

**PERHAPS YOU** don't have the energy to refuse, but the neighbour doesn't know about your diabetes and serves food that's unsuitable. Result? You politely eat what's on offer, sending your BGLs into overdrive

and leaving you on the back foot the following day.

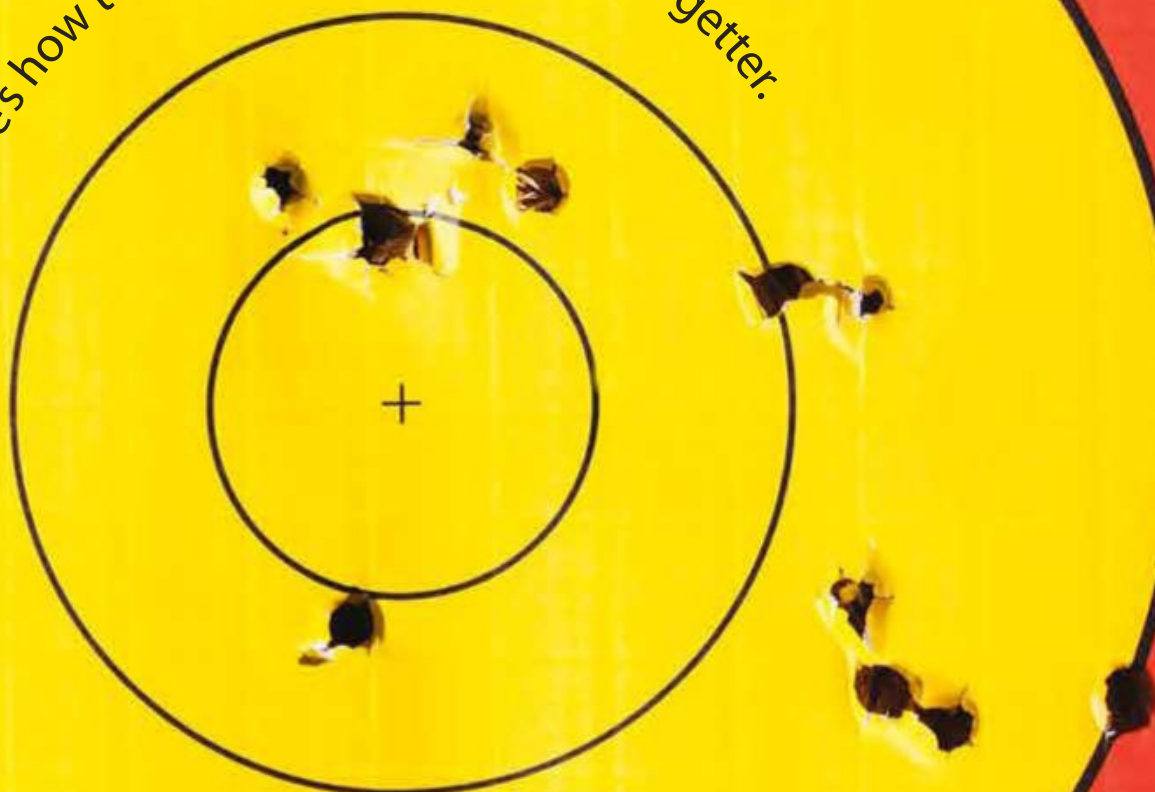
**TRY** Say no. Decline the invitation, explaining that you've had a busy time, but would love them to come over to your place soon. Result? You're in charge and your BGLs are safe until your new neighbours get to know you better. ■





# HOW TO HIT THE TARGET

Making a health-related New Year's resolution is one thing, getting it to stick is another thing entirely. Here's how to go from goal setter to goal getter.



**Determined to eat healthier or do more exercise this year? You're not alone. One in two people who make resolutions at the start of a fresh year focus on exactly the same things. Trouble is, research shows that two thirds of them will have given up by the time January 31 rolls around.**

With statistics like that, you'd be forgiven for thinking 'why bother', but the results of a study published in 2020 show that setting goals can have the desired effect, as long as you're smart about it.

"It's good to have a goal set so you can keep it in mind as you continue to monitor your progress,

and so you can celebrate once you achieve it," says the study's co-author, Dr Dominika Kwasnicka, a behavioural scientist from the University of Melbourne. "But from a behavioural science perspective, we know that specific things work better than others when it comes to goal setting. For example, a goal has to be helpful and it has to work for you. Plus, if you're too rigid with your goals, they might bring you more frustration than benefit."

We asked Dr Kwasnicka for a handful of other tips, based on her research, to help turn your goals into a success this year. Here's her advice.



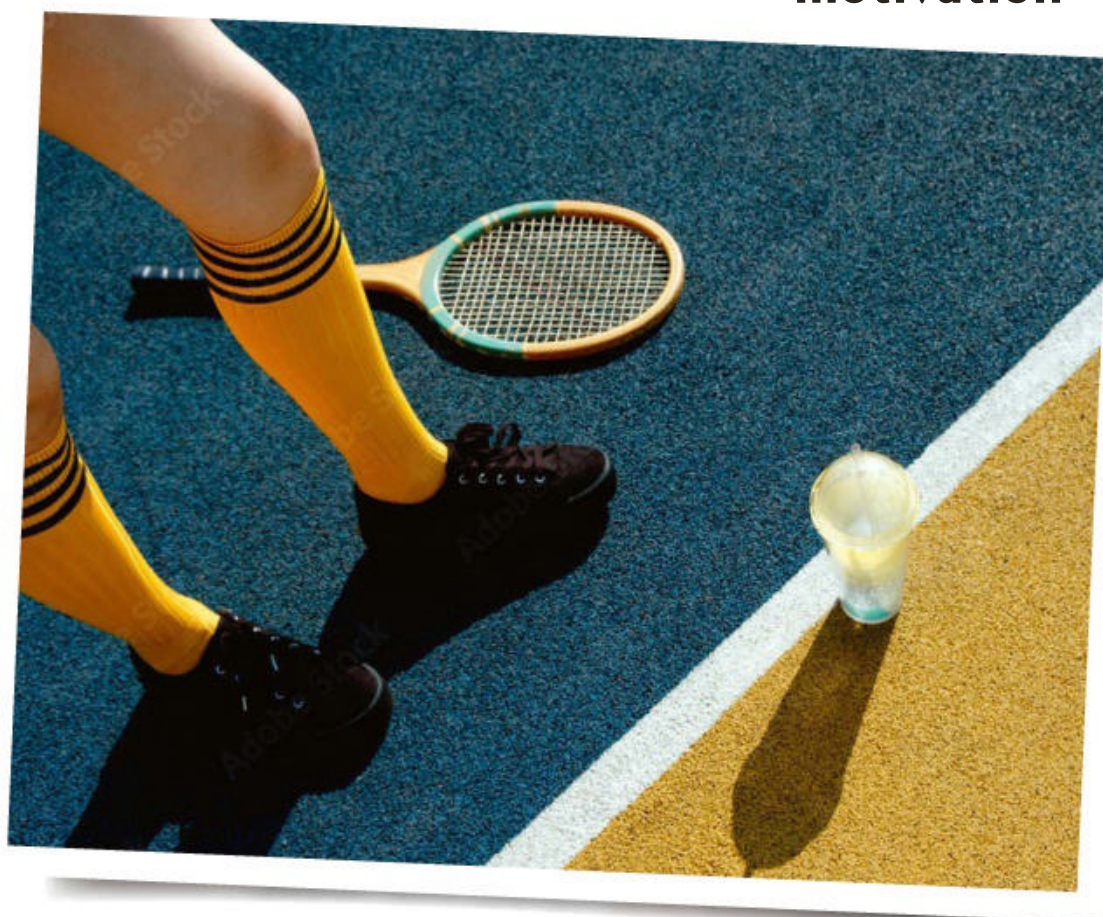
# 1 KNOW WHERE YOU'RE STARTING FROM.

"In order to improve any health behaviour, whether it's healthy eating, being physically active or limiting how much alcohol you drink, it's good to monitor your current behaviour first," says Dr Kwasnicka. "So have a closer look at what you're eating now, how much physical activity you engage in and how much alcohol you're drinking. Then, once you know how active you are, for example, you can set yourself a goal by considering what you want to achieve and how much you'd like to improve."

# 2 YOUR GOALS NEED TO BE PERSONALLY RELEVANT.

"It's really important that you don't take on a goal just because it's 'what's expected' or 'what's recommended'," says Dr Kwasnicka. "For example, striving for the recommended 10,000 steps per day may not be completely suitable or relevant for you. Maybe you're currently doing much less or much more physical activity than that."

It also pays to take your personal preferences into account. "In the case of physical activity, remember to choose activities that you enjoy and that bring you joy. There's no point planning to go to the gym three times a week if you hate training at the gym. And consider what you can do to spice things up. It may be putting your favourite music on or inviting someone you like to join you, so that suddenly it's less about the fact that you're exercising and more that you're socialising."



# 3 AND GOALS NEED TO BE AUTONOMOUSLY MOTIVATED, TOO.

"If someone else tells you to do it, you're much less likely to do so. It's important that you want to do it yourself," says Dr Kwasnicka. Similarly, goals that you set yourself are much more effective than the ones that someone else sets for you. "So even though your partner or your doctor recommends that you increase your physical activity, the true motivation to do that needs to come from you."

# 4 THE MORE SPECIFIC THEY ARE, THE BETTER.

Dr Kwasnicka says goals that are detailed rather than vague work much better. "So when you're setting a physical activity goal, plan what you want to do, when, where and with who." In other words, rather than saying 'I want to get fitter' or 'I'm going to do more exercise', a more effective goal would be 'I'm going to go for a 40-minute walk around the neighbourhood, with my dog, on Monday, Wednesday and Friday mornings'. Or, if your goal is to eat more vegetables, a specific goal might be aiming to 'cover half my plate with at least three different types of vegetables, at dinner five nights a week'.

# 5 CUT YOURSELF SOME SLACK.

"There's no point being harsh on yourself if you don't meet your goals. Life often gets in the way and these new goals will only be some of the goals we set for ourselves, alongside all the other personal, family, leisure and work-related goals and commitments." As an antidote, Dr Kwasnicka recommends learning how to adapt your goals or resolutions in response to changing situations and obstacles that pop up. "Keeping goals flexible and re-evaluating them over time is likely to lead to stronger effects on health behaviour change, given that levels of motivation to perform the behaviour are also likely to change over time." ■





# TAKE THE PLUNGE

**Boost your fitness and keep your cool  
with easy water workouts for every level**

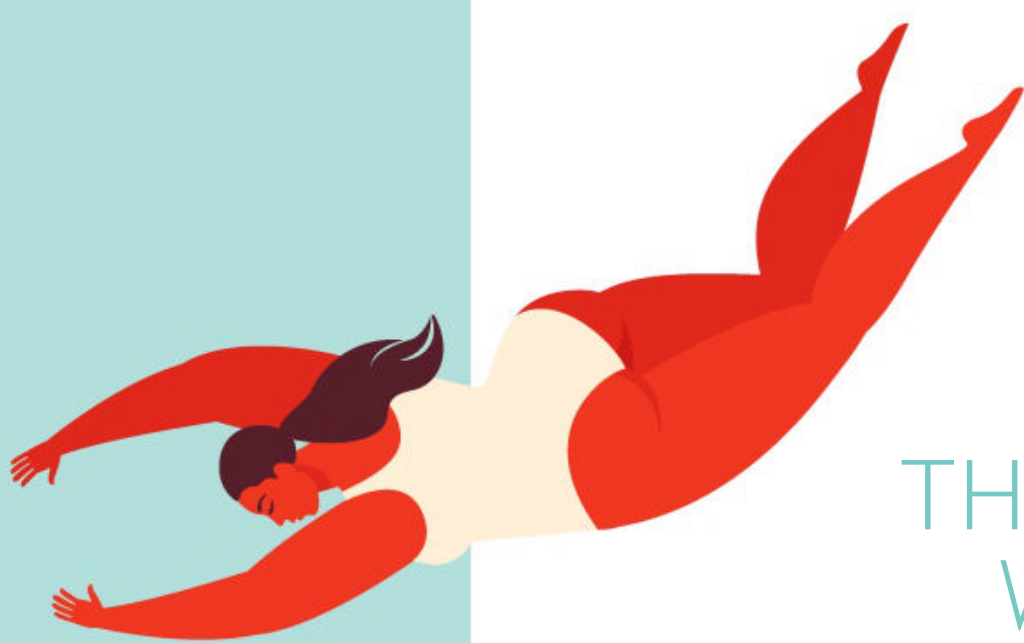
**W**hat could be better than jumping into a pool on a warm day? Working out in water is not only a great way to get fit and stay cool, it also helps to speed your metabolism and burn off kilojoules.

And the benefits don't stop there. "Exercising in water eliminates the effect of gravity, especially for older adults," says exercise physiologist Christine Armarego. "It reduces the impact on your joints and provides resistance and cardiovascular exercise at the same time."

So put on your bathers, head to the pool and give these easy water workouts a go.







# THE STANDING WORKOUT

**Duration:** 30 minutes.

**Equipment required:** Foam dumbbells or arm floats; pool noodle and kickboard.

**Why it works:** “A standing workout allows for specific areas of the body to be exercised, much like in a gym,” says Armarego. “The foam dumbbells or pool noodle act like weights to create resistance.”

**Keep in mind:** “The faster you move in water, the harder it is to exercise, so start slowly and work your way up as you grow more familiar with the exercises,” advises Armarego.

**SIDE LEG RAISE** Stand side-on to the pool wall in waist-deep water, with your hand on the wall for support. Slowly raise your outer leg out to the side (to a comfortable height). Hold for a few seconds, then return to the starting position. Repeat 10-15 times, then switch to the other leg.

**BACK LEG RAISE** Stand facing the pool wall in waist-deep water, with your hands on the wall for support. Slowly raise your leg backwards (to a comfortable height). Hold for a few seconds, then return to the starting position. Repeat 10-15 times, then switch to the other leg.

**KNEE LIFT** Stand side-on to the pool wall in waist-deep water, with your hand on the wall for support. Slowly raise your outer knee upwards (to a comfortable height). Hold for a few seconds, then return to the starting position. For added resistance, you can hold the pool noodle under your foot when pushing your knee downwards. Repeat 10-15 times, then switch to the other leg.

**WALL PRESS** Stand at arm's length from the wall in thigh-deep water, feet together, your hands shoulder-width apart on the wall. Keeping your body straight, lower yourself towards the wall as if doing a push-up. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

**KICKBOARD PRESS** Stand with feet shoulder-width apart in shoulder-deep water. Holding a kickboard upright, push it into the water – the deeper you go, the greater the resistance. Hold for a few seconds, then return to the starting position. Repeat for 1-2 minutes.

## DUMBBELL SIDE RAISES

Stand with feet shoulder-width apart in shoulder-deep water. Hold a dumbbell in each hand. With your elbows bent, raise your arms out to the sides to shoulder height. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

## DUMBBELL FRONT RAISES

Stand with your feet shoulder-width apart in shoulder-deep water. Hold a dumbbell in each hand. With elbows bent, raise your arms in front of you to shoulder height. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.

## DUMBBELL BICEP CURLS

Stand with feet shoulder-width apart in shoulder-deep water. Hold a dumbbell in each hand, your arms by your sides. Keeping your elbows at your waist, raise your arms up to your shoulders. Hold for a few seconds, then return to the starting position. Repeat 10-15 times.







## THE WALKING WORKOUT

**Duration:** 30 minutes.

**Equipment required:**

None.

**Why it works:** “Walking workouts can improve your core strength as well as strengthen and tone your leg muscles,” says Armarego.

**Keep in mind:** “When you’re more comfortable with these exercises, increase the difficulty by walking in deeper water or by taking larger steps. Start at waist height and increase the depth to shoulder height over time.”

### WALKING FORWARDS, BACKWARDS AND SIDEWAYS

Keeping your body upright and your core strong, walk along the

length of the pool, either swinging your arms, or holding onto the side. Walk for 10-12 metres and repeat for 2-4 laps.

### WALKING WITH KNEE RAISES

Walking forward with your body upright, raise your knee to hip height and lower to the ground for each step. Your arms can swing or move as they normally would when you walk. For an extra challenge, walk backwards or sideways. Walk for 10-12 metres and repeat for 2-4 laps.

### WALKING WITH ARMS RAISED

Walk forwards with your arms out to the front for a lap, then down for a lap, out to the side (elbows bent) for one lap, then rest for the next lap. You can also do this exercise by walking backwards or sideways. Walk for 10-12 metres and repeat for 2-4 laps.





# THE SWIMMING WORKOUT

**Duration:** 30 minutes.

**Equipment required:**

Goggles; kickboard; pool buoy (a flotation device held between your legs to help you float as you use your arms to swim).

**Why it works:** “Swimming works every muscle in your body, not to mention your heart and lungs,” says Armarego. “It’s great for people with injuries as it can be broken up into parts, such as workouts for legs or arms only. Studies have also shown that swimming can reduce your stress levels.”

**SLOW SWIMMING** Freestyle is the fastest, most efficient type of swimming stroke, which means that it is perfect for both fat-burning and fitness. If you are new to swimming and can’t complete a full lap of freestyle, just swim as far as you can, then roll over into backstroke to get to the end of the pool. Over time, you’ll be able to build up your strength to complete a full lap of freestyle.

**LAP SWIMMING** Do a 25- to 50-metre kicking lap using a kickboard (this focuses on your legs). Now do a 25- to 50-metre swimming lap using a pool buoy between your legs (this focuses on your arms). Then do two 25- to 50-metre laps of freestyle (without any aids). This series of exercises allows you to focus on one part of your stroke at a time as well as work different sets of muscles. If you don’t want to swim freestyle, try another stroke that suits you.

**INTERVAL SWIMMING** Complete three 25- to 50-metre laps at a moderate pace, then do a 25- to 50-metre lap at your fastest pace. Rest for 30 seconds. Repeat this set 2-8 times, depending on your fitness level. This exercise can also be performed with any stroke.

## BEFORE YOU BEGIN...

### › **Speak to your GP**

Get the all-clear from your doctor or diabetes educator.

### › **Check your BGLs**

“If you’re taking insulin or medication that can cause a hypo, ensure your BGLs are above 5mmol/L to reduce the risk of having a hypo in the pool,” says diabetes educator Dr Kate Marsh.

### › **Bring snacks**

Take a snack or reduce your insulin to prevent you going low. Christine Armarego also advises wearing an alert bracelet and having jelly beans on hand.

### › **Protect your pump**

Check to see whether your insulin pump is waterproof.

### › **Put your feet first**

Be careful when getting in and out of the pool, or wear water socks, to help prevent cuts and foot infections, says Armarego.

### › **Apply sunscreen**

If you’re outdoors, use a water-resistant, high-SPF sunscreen.

### › **Warm up**

Walk forwards, backwards and sideways in the water for a few minutes, advises Armarego.

### › **Hit the showers**

Shower as soon as possible after swimming as chlorine may dry out your skin and cause it to crack, which can lead to infections.

### › **Stay hydrated**

Even though you’re exercising in water, you’ll still work up a sweat, so keep a water bottle handy.







Diagnosed with **type 1** as a 12 year old, 20 years later Becky Feltis has been inspired to look after herself better than ever and, motivated by diabetes, she's also taken the first steps towards a brand new career.

*“I put the*  
**CHANGE** *for good*  
**DOWN TO ME”**



“My 12-year-old daughter saved my life two years ago. We were driving home and, with my continuous glucose monitoring device on charge at home, I suddenly realised I was having a hypo. After asking her to grab the honey from the emergency pouch I keep in the car, the next thing I remember is coming to in my lounge room, with one of my good friends beside me.

“It turns out that instead of pulling over like you should, I was so low and out of it that I couldn’t think straight. Tanisha, my daughter, managed to direct me home, ring my friend and help get me into the house.

“It was pretty scary, but like anyone who’s lived with type 1 for a couple of decades, it wasn’t my first close call.

“On the morning my doctor rang to say I had diabetes when I was 12, by the time I arrived at hospital with my mum, I had diabetic ketoacidosis, or DKA. I spent two weeks in hospital learning how to do everything. It was full on. With that call from the doctor, my life completely turned upside down.”

### Embracing technology

“I got my first insulin pump three years after I was diagnosed. When I was 15 I went into DKA again and was rushed to hospital in a coma. My doctors decided then that a pump would be my best option.

“Until then, I’d been struggling to give myself my needles. I remember one day I just refused to do it. I ran screaming, shouting ‘I’m not doing it, it hurts too much!’. I was also sneaking a fair bit of junk food at that time. My mum still tells the story about how she was cleaning

my room and found a pencil case full of chocolate wrappers.

“That DKA when I was 15 was probably my biggest wake-up call. The pump took a lot of getting used to after injecting myself but

there was a lot more freedom which, for a teenager who didn’t want to be different, was great.

“But the real game changer came about four-and-a-half years ago when I started using CGM, too. That was amazing. Apart from anything else, the alert it sounds if I go low when I’m asleep during the night wakes Brock, my partner, up, even if I sleep through them, and the next thing I know, I’m waking up to him beside

me with a glass of coke.

“Brock and I have been together for a little over a year and I had a hypo with him about a month into our relationship. He was thrown in at the deep end, trying to work out how to give me my glucagon injection. He’s been amazing.”

### A pregnant pause

“I’ve got three beautiful children but my pregnancies were all quite difficult, to the point where I gave up work during all of them. Being type 1, it’s not like a normal pregnancy – it put a lot of strain on my body and you know baby is going to come a bit early. Plus, once a week I had to visit a diabetes pregnancy clinic at the hospital. Having access to that service was amazing but it kind of made being pregnant seem like a full-time job.

“I’ve also had two stillborn baby boys and three miscarriages and my two sons, who are now aged six and two,



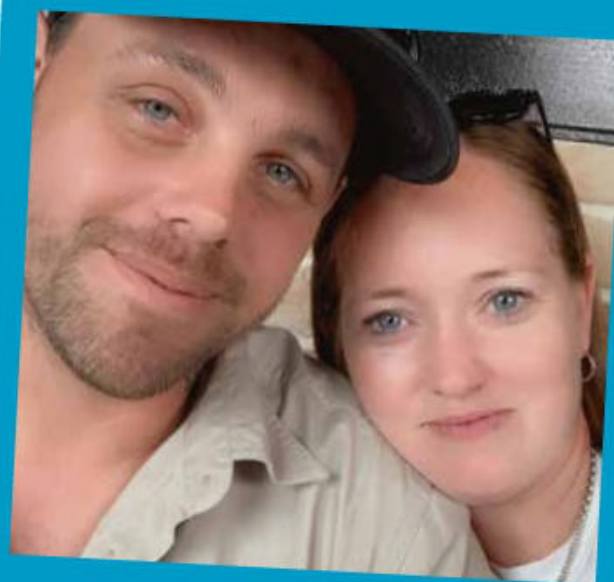
**It was pretty scary, but it wasn’t my first close call.”**



**Becky Feltis with niece, Izzy**



**Becky with baby Hudson, born at 31 weeks**



**Becky with partner Brock (above) and her kids (below)**

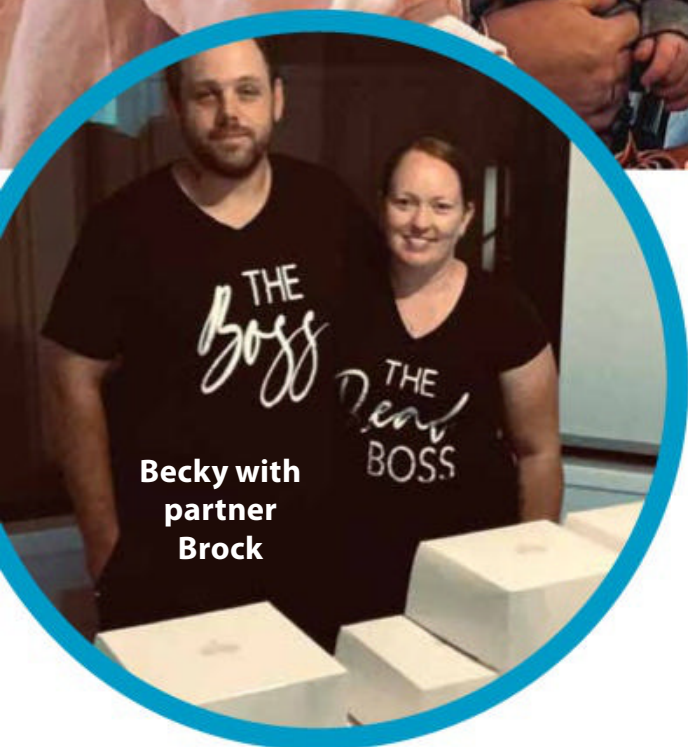




## my story: type 1



Becky and Brock with their children Tanisha, Hudson, Connah and Emily.



Becky with partner Brock

were born premature at 29 and 31 weeks. My two-year-old only weighed 1300 grams when he was born.

“Both of my stillborn boys were perfect – beautifully chubby for their age because of my diabetes, and with lovely red hair. My first son was born sleeping at 33 weeks after my placenta ruptured because my blood pressure was out of control thanks to my diabetes, and my second son was stillborn at 37 weeks because of a knot in the umbilical cord. His heart stopped beating a day before I was scheduled to have a C-section to

give birth to him. There’s simply no way to describe what that was like. It had nothing to do with my diabetes, but I can’t help blaming my body for giving up.

“After he was born, my blood sugars were completely crazy, partly due to the physical impact of the pregnancy but also because it was such an incredibly emotional time. To be honest, at the time, I didn’t care.”

### Following a new direction

“Today, I feel like I’m healthier than I’ve been for years. I’ve quit eating junk, I’m very strict on my carbs and counting them and I test my sugar levels constantly, even though I’m using CGM.

“My HbA1c is down to what it should be, my eyes are perfect and my sugars are no longer out of control, like they have been in the past. I can run and play with my kids because I’m not tired all the time anymore.

“To be honest, I put the change for good down to me. My husband

and I split in 2020 and that was another game changer. Of course my kids still have their dad, but I’m their main person. It made me realise that I needed to look after me so I could be around for them.

“Then in June last year, my niece was diagnosed with type 1 and that was another lightbulb moment. She’s only eight and she’s really been struggling and that’s made me want to use my diabetes to embark on a new career. As well as creating and selling a range of diabetes-friendly desserts that taste delicious but are low-carb and sugar-free, so that kids like my niece don’t have to miss out, I’ve also started my Certificate 3 in Allied Health Assistance, which is in nutrition and dietetics. My long-term goal is to become a diabetes educator. My own educator has diabetes, which means she gets it. I’d love to be that person for someone else. It might take me a few years, but I’m determined to get there.” ■



**“I feel like I’m healthier than I’ve been for years. I’ve quit eating junk and I’m strict on my carbs”**



# YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that S=15, P=21, and D=22. You can record each letter as you work it out in the letter checker at the bottom of the grid.

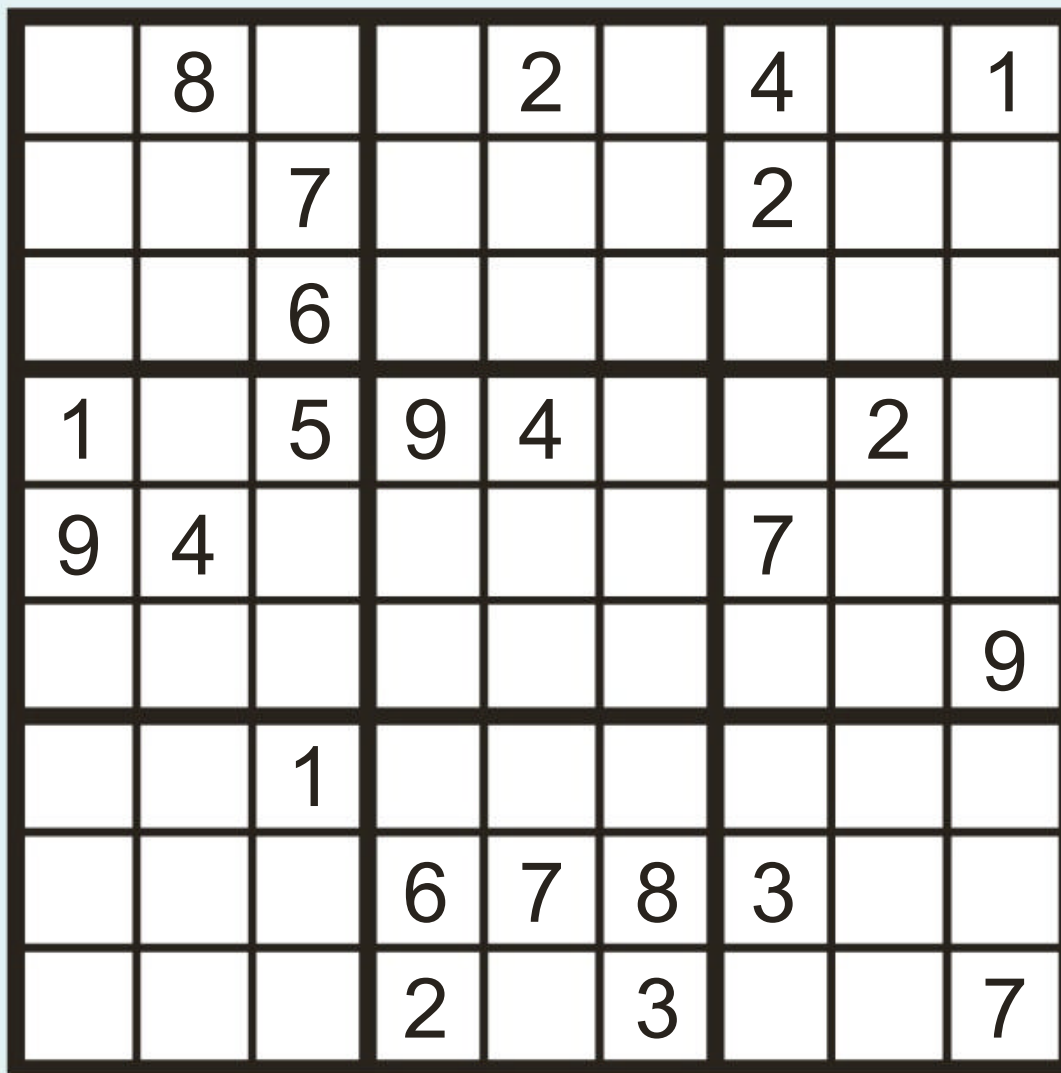
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| 3  | 16 | 20 | 15 | 25 | 14 |    | 15 | 21 | 23 | 26 | 15 | 16 | 26 |    | 10 | 2  | 14 | 4  | 21 | 15 |
|    | 19 |    | 20 |    | 24 |    | 9  |    | 20 |    | 9  |    | 16 |    | 5  |    | 13 |    | 26 |    |
| 25 | 14 | 2  | 5  |    | 6  | 14 | 26 | 15 | 20 |    | 16 | 2  | 6  | 14 | 24 |    | 2  | 5  | 5  | 25 |
|    | 2  |    | 26 |    | 23 |    | 14 |    | 16 |    | 16 |    | 5  |    | 22 |    | 5  |    | 3  |    |
| 3  | 16 | 26 | 25 | 14 | 24 |    | 12 | 14 | 24 | 20 | 24 | 16 | 26 |    | 23 | 7  | 5  | 25 | 16 | 24 |
|    |    | 8  |    |    | 1  | 17 | 16 |    | 22 |    |    | 4  | 17 | 13 |    |    |    |    | 1  |    |
| 15 | 2  | 16 | 23 | 11 | 8  |    | 2  | 16 | 23 | 22 | 16 | 26 | 15 |    | 16 | 26 | 15 | 23 | 20 | 11 |
|    | 14 |    | 8  |    |    |    |    |    | 24 |    | 23 |    |    |    |    |    | 14 |    | 5  |    |
| 15 | 18 | 17 | 16 | 23 | 25 |    | 15 | 17 | 20 | 17 | 26 | 16 | 15 |    | 26 | 5  | 15 | 23 | 26 | 8  |
|    | 17 |    |    |    | 14 | 26 | 25 |    |    |    | 24 |    | 17 | 20 | 16 |    |    | 19 |    |    |
| 6  | 14 | 15 | 1  | 23 | 2  |    | 8  | 23 | 24 | 25 | 16 | 16 | 15 |    | 10 | 26 | 16 | 16 | 11 | 8  |
|    | 22 |    | 23 |    | 2  |    | 22 |    | 5  |    | 15 |    | 21 |    | 17 |    | 19 |    | 16 |    |
| 11 | 14 | 24 | 1  |    | 3  | 5  | 14 | 24 | 20 |    | 20 | 7  | 16 | 23 | 25 |    | 20 | 17 | 15 | 25 |
|    | 20 |    | 20 |    | 5  |    | 12 |    | 16 |    | 2  |    | 24 |    | 16 |    | 5  |    | 20 |    |
| 20 | 8  | 21 | 14 | 6  | 8  |    | 16 | 15 | 15 | 23 | 8  | 16 | 22 |    | 22 | 16 | 2  | 23 | 8  | 15 |

|    |         |    |    |    |    |    |         |         |    |    |    |    |
|----|---------|----|----|----|----|----|---------|---------|----|----|----|----|
| 1  | 2       | 3  | 4  | 5  | 6  | 7  | 8       | 9       | 10 | 11 | 12 | 13 |
| 14 | 15<br>S | 16 | 17 | 18 | 19 | 20 | 21<br>P | 22<br>D | 23 | 24 | 25 | 26 |



# SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

*For solutions, see page 126.*

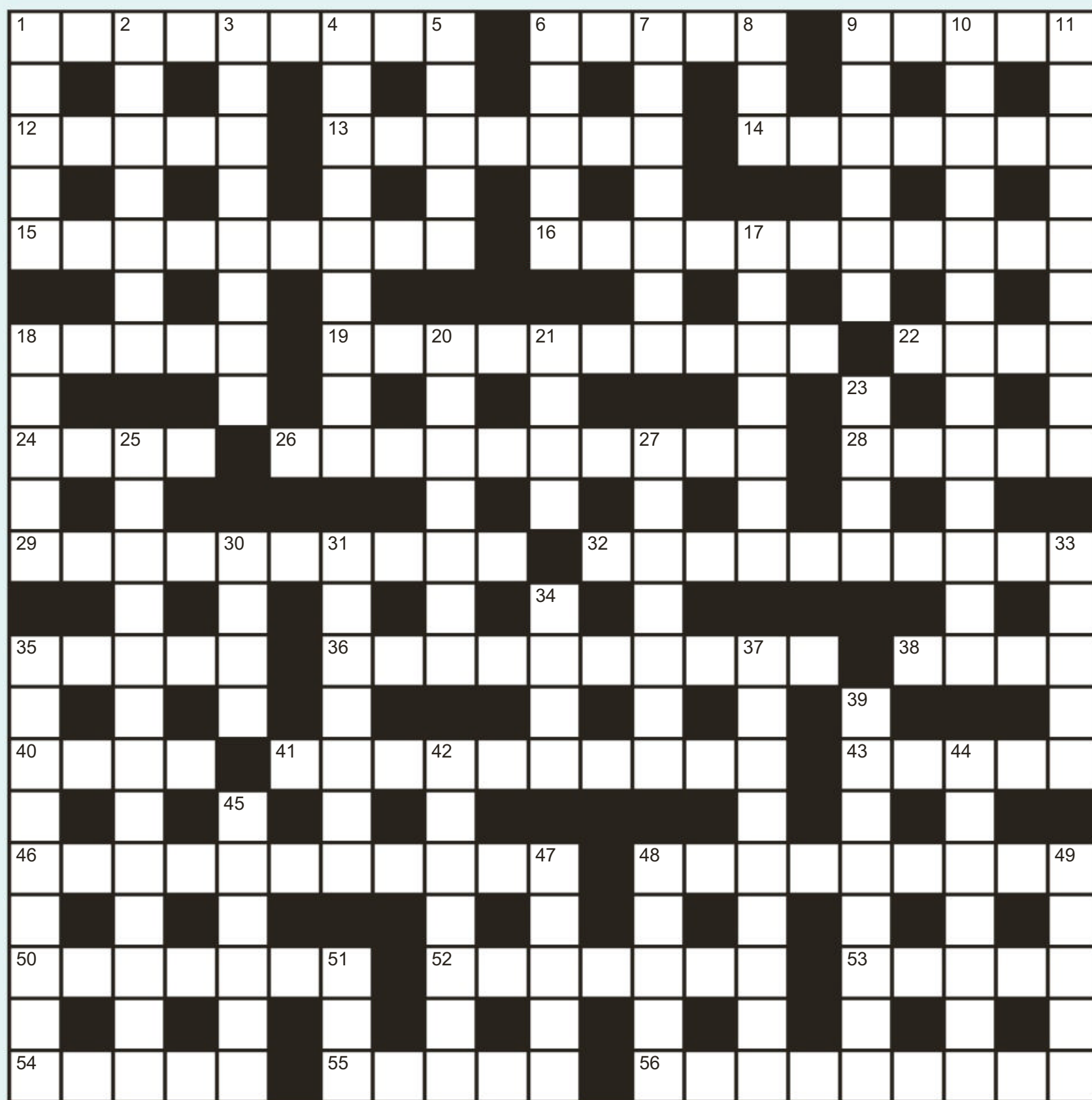
## ACROSS

- 1** Funicular vehicles (5,4)
- 6** Scuba ---, frogman (5)
- 9** Winona ---, actress (5)
- 12** Honey badger (5)
- 13** Sure, definite (7)
- 14** Put in the bank (7)
- 15** Ledge for storing novels (9)
- 16** Tasty (11)
- 18** --- O'Neill, Australian swimmer (5)

- 19** Pens, fenced-off areas (10)
- 22** Nourishment (4)
- 24** Ready to eat (4)
- 26** Puts in a trance (10)
- 28** Sultan's group of wives (5)
- 29** Administrative official (10)
- 32** Accordion (10)
- 35** Force forward (5)
- 36** Illogical (10)
- 38** Prison room (4)

- 40** Head cook (4)
- 41** Versatile solo musician (3-3,4)
- 43** Assert (5)
- 46** Next to last (11)
- 48** Meat patty on a bun (9)
- 50** Sickness, ailment (7)
- 52** Male letter deliverer (7)
- 53** Desk, eg (5)
- 54** Draws close to (5)
- 55** Damascus' country (5)
- 56** Unwilling (9)





## DOWN

- |                                        |                                                          |                                                          |
|----------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| <b>1</b> Chocolate substitute (5)      | <b>18</b> Bush, small tree (5)                           | <b>37</b> Stomach muscle (9)                             |
| <b>2</b> Shirt fasteners (7)           | <b>20</b> Half man, half horse (7)                       | <b>39</b> Denoting non-electronic music (8)              |
| <b>3</b> Joined the army (8)           | <b>21</b> Rolled ---, porridge (4)                       | <b>42</b> Country formerly called Burma (7)              |
| <b>4</b> Chief rival (9)               | <b>23</b> Sound of rapid movement (4)                    | <b>44</b> Branch of maths (7)                            |
| <b>5</b> Decorative line on a font (5) | <b>25</b> Personal belongings (13)                       | <b>45</b> Loses blood (6)                                |
| <b>6</b> Friend of Snow White (5)      | <b>27</b> Californian Redwood (7)                        | <b>47</b> --- Doolittle, <i>My Fair Lady</i> heroine (5) |
| <b>7</b> Pacific republic (7)          | <b>30</b> --- <i>Lang Syne</i> , New Year's Eve song (4) | <b>48</b> --- Simpson, cartoon dad (5)                   |
| <b>8</b> Remove, get --- of (3)        | <b>31</b> Italian dry red wine (7)                       | <b>49</b> --- Butler, Clark Gable role (5)               |
| <b>9</b> Give an account of (6)        | <b>33</b> Woody plant tissue (5)                         | <b>51</b> Cry for help (1,1,1)                           |
| <b>10</b> Disgraceful (13)             | <b>34</b> English school (4)                             |                                                          |
| <b>11</b> Dutch city (9)               | <b>35</b> Beginning (9)                                  |                                                          |
| <b>17</b> Supervise, manage (7)        |                                                          |                                                          |



# FEEL BETTER IN FIVE

Big changes start with simple steps.  
Try these ideas to help improve  
your wellbeing.

## 1 EAT MUSHROOMS TO IMPROVE YOUR MOOD

The results of a brand new study carried out in the US show that people who make mushrooms a regular part of their diet have a lower risk of developing depression. It's likely thanks to the fact that mushrooms are the richest dietary source of something called ergothioneine, an amino acid that's a powerful antioxidant and has been shown, in other studies, to help reduce the risk of anxiety and depression. To enjoy the effect, you don't have to eat fancy mushrooms either – according to the study any type will be beneficial, but it is worth noting that oyster and shiitake mushrooms contain the highest amounts of the antioxidant. And because ergothioneine is heat stable, you can eat mushrooms raw in a salad or cooked as part of a meal and still enjoy the benefits. More good news? Ergothioneine has also been recognised for its anti-ageing potential, too.



## 2 HAVE YOUR CAKE AND EAT IT, TOO

Ditched desserts in order to keep your blood sugar levels under control? Lakanto's products might be the game changer you're after. The range contains Lakanto Monkfruit Sweetener, an all-natural sugar substitute that has a taste and texture just like sugar but with 93 per cent fewer calories and no aftertaste. Two of its products won top spots in the Australian arm of the 2022 Product of the Year awards: Lakanto's Maple Flavoured Syrup and natural sweetener Baking Blend. Use the syrup as a topping in place of honey or maple syrup and the Baking Blend instead of caster sugar. Both are low-carb, diabetes-friendly, gluten-free, vegan and 100 per cent natural. Sweet!







## GET THE MOST OUT OF YOUR SUNSCREEN

From how much to apply to how and when to apply it, according to Cancer Council surveys and research, Australians are confused about sunscreen use. To ensure you're not one of them so you can effectively protect your skin this summer, here are three tips to remember.

**1** Make sure you apply enough of it. Most people don't. Adults need to use one teaspoon per body part, including your face, ears, neck, each limb, and front and then back of your body. In total, you need about 35ml of sunscreen for a full body application.

**2** Apply it 20 minutes before you head outdoors, to allow the sunscreen to bind to your skin before sun exposure.

**3** Don't forget to reapply it every two hours, or after swimming, sweating or drying yourself off with a towel. ➤





## BRUSH UP ON YOUR OVARIAN CANCER KNOWLEDGE

February is Ovarian Cancer Awareness month, so there's no better time to learn about Australia's most lethal gynaecological cancer – it could be a life saver. Currently, there's no screening test for ovarian cancer. Worryingly, 64 per cent of women recently surveyed in Australia incorrectly believed a pap smear or the new cervical screening test detects ovarian cancer. It doesn't. Knowing the signs and symptoms of ovarian cancer, and acting on them, is critical. The main symptoms are increased abdominal size or persistent abdominal bloating; abdominal or pelvic pain; feeling full after eating a small amount; and needing to urinate often or urgently. While these symptoms can be caused by less serious things, if you experience them persistently, consult your doctor. Visit [ovariancancer.net.au](http://ovariancancer.net.au).



## SHAKE UP YOUR DINNER PLANS

Tempted to skip dinner because you can't be bothered cooking? It's not the best idea with research showing that, unlike skipping breakfast or lunch, missing dinner bumps up the risk of weight gain. One solution is grabbing a quick shake, but when you have diabetes, it pays to be picky. A good option is IsoWhey's Diabetic Formula. Available in chocolate and vanilla flavours, it has the lowest GI of any comparable product on the market, to help you feel fuller for longer. As well as its hunger-busting protein, it's low in sugar and has inositol and chromium to assist with carbohydrate metabolism. With 22 vitamins and minerals, including vitamins B12, D, iron, zinc and calcium, it's ideal for people with diabetes who can't always get their full nutritional needs from diet alone. ■

Turn upside down for puzzle solutions

**Across:** 1 Cable Cars, 6 Diver, 9 Ryder, 12 Rate, 13 Certain, 14 Deposit, 15 Bookshelf, 16 Flavoursome, 18 Susie, 19 Enclosures, 22 Food, 24 Ripe, 26 Hypnotises, 28 Harem, 29 Bureaucrat, 32 Squeezebox, 35 Impel, 36 Irrational, 38 Cell, 40 Chef, 41 One-Man Band, 43 Claim, 46 Penultimate, 48 Hambrugger, 50 Illness, 52 Mailman, 53 Table, 54 Nears, 55 Syria, 56 Reluctant.  
**Down:** 1 Carob, 2 Buttons, 3 Enlisted, 4 Archenemy, 5 Serif, 6 Dwarf, 7 Vanuatu, 8 Rid, 9 Report, 10 Dishonourable, 11 Rotterdam, 17 Overseer, 18 Shrub, 20 Centaur, 21 Oats, 23 Whiz, 25 Paraphernalia, 27 Sequoia, 30 Auld, 31 Chianti, 33 Xylem, 34 Eton, 35 Inception, 37 Abdominal, 39 Acoustic, 42 Myanamar, 44 Algebr, 45 Bleeds, 47 Eliza, 48 Homer, 49 Rhett, 51 SOS.

### Crossword

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 4 | 2 | 1 | 3 | 5 | 9 | 7 |
| 5 | 9 | 2 | 6 | 7 | 8 | 3 | 1 | 4 |
| 7 | 3 | 1 | 5 | 9 | 4 | 6 | 8 | 2 |
| 6 | 2 | 8 | 3 | 5 | 7 | 1 | 4 | 9 |
| 9 | 4 | 3 | 1 | 8 | 2 | 7 | 5 | 6 |
| 1 | 7 | 5 | 9 | 4 | 6 | 8 | 2 | 3 |
| 2 | 5 | 6 | 4 | 3 | 1 | 9 | 7 | 8 |
| 4 | 1 | 7 | 8 | 6 | 9 | 2 | 3 | 5 |
| 3 | 8 | 9 | 7 | 2 | 5 | 4 | 6 | 1 |

### Sudoku

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | E | T | S | K | I | S | P | A | R | S | E | R | B | L | I | M | P | S |
| K | I | L | O | F | I | R | S | T | E | L | F | I | N | L | O | K |   |   |
| L | R | A | I | E | O | D | O | E | I |   |   |   |   |   |   |   |   |   |
| J | E | R | K | I | N | V | I | N | T | E | R | A | W | O | K | E | N |   |
| S | L | E | A | Z | Y | L | E | A | D | E | R | S |   |   |   |   |   |   |
| S | O | U | E | A | K | S | U | T | U | R | E | S | R | O | S | A | R | Y |
| F | I | S | C | A | L | Y | A | N | K | E | E | S | B | R | E | E | Z | Y |
| D | A | L | L | A | D | S | O | P | X | U | E |   |   |   |   |   |   |   |
| Z | I | N | C | J | O | I | N | T | T | W | E | A | K | T | U | S | K |   |
| T | T | P | I | F | Y | E | S | S | A | V | E | D |   |   |   |   |   |   |
| T | T | P | I | F | Y | E | S | S | A | V | E | D |   |   |   |   |   |   |

|    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |
|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|
| R  | A  | D  | P  | T  | X  | Q  | U  | E  | S  | I  |    |    |  |  |  |  |  |  |
| 26 | 25 | 24 | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 |  |  |  |  |  |  |
| G  | V  | Z  | B  | H  | Y  | W  | F  | O  | M  | J  | L  | C  |  |  |  |  |  |  |
| 13 | 12 | 11 | 10 | 9  | 8  | 7  | 6  | 5  | 4  | 3  | 2  |    |  |  |  |  |  |  |

### Code Cracker

# puzzles solutions



**BREAKFAST & TOPPERS**

- 68 Acai bowl ●
- 67 Breakfast egg wraps ● ●
- 28 Chia & almond overnight oats ●
- 68 Chia & oat breakfast scones ● ●
- 29 Corn fritters with eggs & black bean salsa ● ●
- 28 Crunchy oat clusters with peach yoghurt ●
- 66 Quinoa, peach & ginger bircher ●
- 67 Seeded cheese & chive bars ● ●

**LIGHT MEALS, SNACKS, SIDES & STARTERS**

- 56 Baba ganoush ● ● ●
- 56 Beetroot hummus ● ● ●
- 56 Burnt shallot & cream cheese dip ● ● ●
- 56 Cannellini bean, pesto & chorizo dip ●
- 58 Chicken & corn ramen
- 32 Chicken waldorf ● ●
- 32 Crab, lemon & pea spaghetti ●
- 56 Edamame & wasabi dip ● ● ●

- 60 Egg & watercress club sandwich ● ●
- 60 Fish & pea fritters ● ●
- 33 Fresh tomato soup with cheesy cornbread ● ●
- 34 Quinoa stuffed capsicum with roast tomatoes & feta ● ●
- 62 Rice & quinoa prawn sushi bowl ●
- 58 Sticky pork lettuce cups ● ●
- 35 Wraps with minty pea hummus & beetroot ●

**MAINS**

- 44 Apple, penne & walnut slaw ● ●
- 47 Asparagus, lemon & pea spaghetti ● ● ●
- 21 Brazilian-style beef with sweet potato salad ●
- 44 Caponata bake ● ●
- 19 Chipotle chicken tinga ●
- 41 Cheesy seafood bake ●
- 55 Chicken with plum & herb stuffing ●
- 54 Chinese-style braised pork and plums ● ●
- 20 Crispy grilled feta with saucy butter beans ●
- 18 Curried fish cakes ●
- 38 Goan-style vegetable curry with kitchari ● ●

- 17 Green goddess chicken salad ● ●
- 49 Mint & basil grilled peach salad ● ● ●
- 39 Minty grilled chicken & peach salad ●
- 40 Miso salmon with ginger noodles
- 47 Miso noodles with fried eggs ●
- 53 Pan-fried fish with plums ● ●
- 50 Pork souvlaki with Greek salad ●
- 49 Rustic beans & spinach with garlic yoghurt ● ●
- 38 Spanish pork with beans ● ●

**DESSERTS**

- 74 Anzac cookies & cream ice-cream ● ●
- 76 Chocolate, honey & macadamia crackles ● ● ●
- 77 Chocolate tim tam cake
- 79 Creamy filled apricots ● ●
- 72 Lemon & passionfruit butterfly cakes ●
- 79 Macerated berries with lemon sorbet ● ●
- 79 Mango whip ● ●
- 72 Strawberry lamington bites ● ● ●
- 77 Tropical pavlova cakes ● ●

**KEY** ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



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Alix

Alix Davis, Editor

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# TRUST ME

When the cracks start to appear, Rob Palmer finds it helpful to have faith in your systems and be prepared for the wheels to come off a little bit.

**M**y well-used frame began to fail recently. I noticed my neck, shoulder and arm creating problems that were impacting my ability to do the simplest of things. It was nerve pain that got progressively worse to the point of considering surgical intervention. I'd tried less invasive steps with minimal success and as reduced patience and increased pain washed away my ambition to win, I decided to try whatever came recommended from the surgeon at hand.

A cortisone injection into the area by my spine that was pinching the nerve. Talk about holding still. Petrified, I let a relative stranger pump a steroid into my neck. "Don't move," he said. 'No s\*\*\*,' I thought as I bit down and let the cool juice of relief do its thing. The doc, young enough, I reckon, not to remember the Sydney 2000 Olympics seemed confident as he said, "That looks to have all gone right in the sweet spot. Just be careful of your BGLs for a couple of days, the steroid will push them higher for a while." Tickety-boo... It was a miracle. Not one hour later I had climbed off the cliff of pain and felt like every day from now to forever was going to be lined with gold... until about mid afternoon. The pain was gone but the glucose control was getting on top of me.



**I had the death wobbles for a bit but finished ready to take on the next hill with an edge**

## BGL 16 and climbing

I'd been told to watch it but wasn't prepared for the relentless and accelerating march upwards. A few units of short acting should help. The mouth was like sand paper and that high glucose feeling presented like a familiar adversary that you had to be patient to conquer. I was hungry for carbs, I hadn't eaten in a while but I held off on a sandwich stop to let the insulin do its thing.

## BGL 22 and climbing

This sucks. Still starving, I hit myself with more short acting and made rabbit food to tide me over.

I realised that the youngest doctor I'd ever seen was slightly undercooked on his advice for the effect on my blood sugar levels.

I was holding at the early 20s but desperate to relieve myself of the aches of a high BGL.

More insulin went in and I'd resigned myself to a day or two of life by the fridge should the expected glucose collapse occur.

After a number of mildly aggressive insulin adjustments and realising I had a steroid assisting in solving a problem I was desperate to fix, I saw control returning to the type 1 management equation.

Things slowly returned to normal over a couple of days but I felt I'd never had to spend so much energy and anxiety on diabetes to maintain some element of control. I managed a really difficult situation without experiencing a dangerous low and although the glucose record books will say that I had two days from hell, I know that it was a means to a pain-free end. I think that we can do well to sometimes accept the things we cannot change and trust our systems of diabetic control. I had the death wobbles for a bit but finished ready to take on the next hill with an edge of confidence. ■





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